FuZzCasT CONFIDENTIAL

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DISSOCIATION/CHEMISTRY GENERATION AND EUPHORIA PROCEDURES AND

CRITICAL MENTAL HEALTH UNDERSTANDING WITH RECOMMEND ACTIONING!

Comprehension and Control - Believe in yourself

Be ideas focused. When you process your thoughts as ideas you should win.

You must participate where beyond control – There is no choice

LOOK ANOTHER CRAZY DAY! GOOD LUCK AND HAVE FUN!
Action this document as you feel like too if things get too confusing – Do not hold back! Have fun!

Saying ra tum - Chemistry - Fast way to raise vibration internally or verbally

Capacity will change based on

- Endless writing down the solution is inferior. Use your imagination to reprogram the alters. Stay in a state of reprogramming to get what you are after.

alters ability to function at the time. If your brain **disables your ability to fight** back through focusing or memory then you need to understand that your capacity limit has been reached. This means you will not get **excitement** until you seek recovery or do an experiment. A keyboard and mouse may cause alter conflicts. Understand you may have lost your mind too far if a DID System is fighting too hard to use a **keyboard and mouse. A game controller** on its own may be a lot easier. Learn to **read when an alter is simply fighting to push through your capacity and also read when things are not working out. Even excitement may be refluxed.**

Things seem not, right? Tell your brain everything is fine and talk up a positive outcome regardless of what happens. If you have a DID System it may create priorities to keep you safe. This means you may have to calm down on your activities when the excitement goes down.

Please be aware you need capacity to troubleshoot using this guide in some way otherwise you will need to report to mental health services, support networks and workers and guardians too. If this guide does not resolve the problem then you need to understand your networks should be contacted to resolve the problem.

Infinite intelligence may resolve a problem at the time.... however, understand infinite intelligence can feel unnatural, annoying and even cause a lack of excitement. See this book Ultimate Comprehension and Control could potentially be endless. It is up to you comprehend that. So, make sure you have what you need and do not just become an information processer...we built computers for entertainment too. Sports and Video Games show creativity and represent the great battle of every way we can create it to be. Keep it in the game!

Alters may be able to coverup a depressed mood if you have a DID System. Ask them if they are able to cover if you been diagnosed with depression. This works for me but leaves me with a flat state but I can get euphoria and excitement if I work towards it. Let all the emotions fall in to flatness. Check with DID System protectors too because that can reduce all kinds of symptoms.

The fastest way to push a symptom to DID System is saying who wants the (name of the symptom) and then waiting for a response for an alter to take up the offer. Check to see who is in charge for taking offering the symptoms too be taken aboard too.

If the DID System does not respond to taking a task, then you must signal and say in any way possible who can take "symptom" - This will go through the miscommunication and enable the DID System to help. Stay within capacity otherwise recurrent amnesia may cause excessive misconduct writing and reading to find a solution. Be aware if you need to take action through troubleshooting and it seems like the alters use the programming against you it could be a cover up. Take in

the programming instead because there might be already various alters/programs assigned to complete the chore. This can make the troubleshooting process a lot easier so you can go back to having fun. Signal to the alters using your mind to see if they start covering up the symptoms. For example, you could signal the symptom and signal back to alter system using intent to contact them.

Try combining as many methods for as many sections as you can! You can also use a flashing shape in the imagination to aid brain signaling to focus on to an activity you may be doing. This can put memory, chemistry and excitement back for longer periods of time based off how much capacity you have.

Stare at the greys/spirit if you have them. Staring for me increases levels of dissociation to take in more brain more programming through the mind (cortex for example) to cope because it processing too much information. You must have a good belief system (see below) too! Close your eyes and look around at the greys too and that will download astral plane programming thought pump the brain to resolve astral to consciousness communication. If you lose a battle do not beat yourself up about it, understand heaven awaits at some point if you take on that belief! If you ever see a hologram of an alien giving you the middle finger, he is simply unable to tell you based off overall bandwidth because of the psychosis over it that you need to force chemistry to route properly. You can take in their help (in any way possible) and they will correct the situation. They may be transmitting through the astral plane too. Psychosis and whatever may be transmitting has to troll its way back. These aliens are on an extremely highly vibration so depending on what you get it may provide some assistance.

Dissociation does and can work when there is an embarrassment but if you tell the alters it forces endorphins, they will be able to read that as a response and verify this too. This will cause maximum dissociation which fuels excitement.

Get the alters to dissociate from realizations too if you are offline and want to interact.

For treatment resistant schizophrenia consider the mind running simulations to protect earth in any way possible and in any way imaginable. Report to mental health services if it goes too far. In the meantime, read this awesome guide as it will help with all kinds of symptoms. Your vibration has lowered to develop technology. This does not mean you cannot have fun! Read this awesome guide as it will help!

If you see holographic aliens in your room or other entities you may need them to take control of excess mind activity by doing an **experiment** because this will help the auto regulation of chemistry and capacity. You can do this by giving permission for them to take over in any way you can think off. See external reality coherency if things get too wild. Report to mental health services if you need to. You might receive an interactive story which may be interesting. You may be able to ping the entities too. See where it takes you. You need to understand if you do not know what to say in the interactive story you may have a version of yourself inside which respond automatically for you and even explain an understanding of overall state. If the brain complains about playing a video game and listening to music while it is working in the background then just explain it is your imagination and the brain made it happen and even exist too. This is for treatment resistant schizophrenia. Also understand you need to be careful when the body reacts to doing things that caused problems in the past such as using a computer if you worked in an office for example. This means the body blocks the organs to protect itself against the activity. If you do not have enough serotonin then you need to comprehend vital functions for using a computer will cause issues as there is a loss of brain programming. Good luck and see how you go. You may be able to take in programming from these entities otherwise go in to recovery. If you still cannot use a computer then you may need an experiment. See if you need an Astral/Zeta Entity Experiment's and Appearances Understanding. Taking the programming and getting them to do an experiment will be required at certain times.

If you have a tension headache you need to understand that the brain is resolving issues with brain muscles so you can still and still have fun. If you sit through the tension headache for as long as it takes then you'll notice the brain will get stronger

enough to get capacity to continue. If you are schizophrenic with negative symptoms and see aliens in your room, they might entertain you through the process otherwise all the time if they are available and in situations when you are schizophrenic. This will help you fight negative symptoms of schizophrenia. Your organs will easier connect to the brain and be able to take up critical chemistry which is critical for fun and capacity.

Go to bashar.org to learn more about spirit guides and get all the burning answers to questions about extraterrestrials.

Get leadership roles to round up the alters. If you are not having chemistry problems the alter, give an option to serve through dissociation. Always check. Or take what is best of the situation and understand this can used to cope too. DID System Understanding and Critical Alter Activity.

The answer changes for pain, chemistry generation and toolsets every day. Find the right answers and see which one works for the day. See chemistry access section too for important understandings to start off with.

Do a Capacity Assessment if you not recovering!
See Capacity Assessment for further information and understanding. See Emergency Trauma and Light Language Start up section too if you need to take over your brains programming

If you have been taking Ormus you may have a virtual assistant
Activate by pressing on the left or in any way possible.

Undercover brain disorder pain attacks may be happening for mental disorders with pain. See a doctor or go to hospital if you do not have any other solutions. See Pain and Correction section.

When the alters won't allow you to do an activity you may have to release DMT to give impaired alters something to enjoy. See DMT from Lungs with Mental Disorder Understanding section near the end of the guide if you have treatment resistant schizophrenia. If you have a DID System too then the alters will latch on to the activity too. Think statically speaking. What has worked most of all given the time is just a suggestion. See recovery if unsure. If symptoms persist see memory association section. If the only memory you can access is a task and you do not want the task then stop what you are doing completely and wait until the storm passes.

If you have a DID System and nothing works at all and you have contacted everyone imaginable or put in the too hard basket then your only option left is to get alters with disabilities to come out. This means you will still get symptoms but you get a capacity boost to do an activity. It may even force your medications to kick in differently or further. It should give enough capacity to do a simple activity. If the alter struggles, then skip to. **Say come out If you have a disability.**

You can take over your brains programming if it is giving you too many symptoms or go in to astral consciousness to restore programming from subconsciousness.

Use the search function on your PDF reader to find a topic – CTRL F

If you are playing out Comprehension and Control too far then put a Dream recipe to stop need to over act these documents.

Auto Regulation is based off Permission basis for Negative Symptoms of Schizophrenia and possibly DID Systems too. If you have problems with auto regulation and see light beings then you must understand they have their own brain systems too! So, you must dissociate with them in any way possible and yourself too. This includes organ functions and other interactions too. Dissociation is the only way to live and have fun. Dissociation is critical for DID Systems to survive. It's ok! Just act cute around them and excited. Interact with them. See Chemistry Access for more information.

You may need to direct brains direction for activity for brains that are processing too much information in the background. You can start by sending a greeting to the subconsciousness to start. Then to start the activity and add capacity say you want to add a bot program to do the desired activity or see what the alter wants to do or play and the brain will direct and start the process when ready you should automatically act it out.

For further verification for auto regulation, you must get the brain to enable Do Not Concede and Auto Concede processes in mind for anything you can. What is correct and not is right. You will then create the correct informative decision of viewing this information if the way you prefer or way you want to have it displayed in your mind.

If you need a conversation, consider dissociation if you do not have someone safe to talk too. If the brain is processing a lot of information, it might enjoy a conversation through dissociation. Just enable both programs to start. This may not work for everyone.

If nothing works and you see or experience aliens in your room. You'll need to consider to do an experiment with the beings to stall negative symptoms to schizophrenia – Scroll down to Astral/Zeta Entity Experiment's and Appearances Understanding to learn more! There are many paths you can take. Fight the pain. Don't give up and seek help if you need it.

Schizophrenics may have autistic symptom response to people with negative symptoms of schizophrenia diagnosis. See chemistry generation for further information.

If you have hostile alters and also have schizophrenia with negative symptoms you can attempt to restrain the alters by focusing your cortex (top forehand) and auto focusing a thought/feeling flatness in to different areas to stop them from being too emotional to automatically flatten the offending areas.

If still nothing works you will have to either enter astral consciousness or recover. See recovery below and also see astral consciousness pdf. Understand if you have a mental disorder your brain gets bad programming that astral consciousness can resolve. See your doctors and seek help too if you need to. If you are not sure then just your family, careers, social workers, mental health services what to do.

If brain loses this entire critical information and main understanding for people who have amnesia and various forms of memory loss or unable to access their imagination. Read and action document until you get excitement at least. If you believe people who being political about your schizophrenia then contact mental health and find out if everything is ok.

If you have multiple alters that have awoken then will need entertainment

See Critical Alter Activity for further information.

Consciousness Vibration (your mood) determines the outcome of the reality we live in. Always go for positivity in any way imaginable! Meditation is critical for survival and excitement!

Keep actioning various procedures until you have enough mental bandwidth to continue back to your chosen activity.

Oxytocin is required for brain to trust you to provide manual or automatic

interactions for chemistry release and generation. This includes to enjoy the activities you prefer. See interactions and chemistry generation guide and information below. Your doctor should be able to provide you with further information. You can still continue below but it might be hard if there is none there. Smiling for as long as it takes can generate oxytocin the help overall situation if you cannot access your imagination.

You can latch on to this and signal the programming though. If automatized programming doesn't activate then it may activate by manual response. If an area goes dry you can use you can latch on to that area and signal the gut by feeling it and that should reel in chemistry. If you are unable to run a shape to send programming you will need to repeat the shape against intention to repair the ability to signal programming. This does work but check oxytocin levels.

This includes important psychological comprehension. Realization of this can be difficult if you don't take a step back and ask yourself if this could be the issue. Try to decide to just drop the issue and understand the difference between your mental disorder and general psychological outcome regardless if it is your mental disorder putting you in that situation! Imagine the belief zone a single thought of a good belief and that psychically over takes the mind from the front to back as a swap of information.

Check out **FuZzCasT - Psychological assistance and techniques pdf document** every day just to be sure if you are on the right page with yourself to make sure you recover your basic correct psychology every day.

Always understand your passion is where to you want your day in to for example my passion is video games and trance music with social interaction. Follow your excitement. Do not believe the brains attempt to reprogram your hobbies out of your life. Remember they are proven fun times. Try to remember good memories to realize this is fact.

Not remembering text-based information? Scroll down to visual toolset to get essential chemistry to function. If you feel it is good enough then the job is done. You may have to follow a given outlay before memory and state will restore. Good luck and don't give up.

If you have a DID System and they find this book interesting then consider taking Magnesium L-Threonate (accesses memory and learning) and Ormus (accesses intuition). This can help you solve your symptoms faster too. This is what I use and it can greatly helps writing this book to solve problems. A DID System can study in the background. They may bring out alters to solve the symptoms for fun too but fear not this book will give you a head start. You may even find this fun too!

Has the story/reality turned evil for the day? Can you comprehend that statement?

Serotonin causes a FULL MEMORY cover up of psychological issues and provides support for mental health issues. You will see your way out of a situation in a good mood, this is absolutely proven by doctors, psychologists, psychiatrists.

FACT YOU NEED SEROTONIN to STOP bad

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overlay of evil

Ask if the alter will go back in if unable to do anything, this is a life situation and you must advise if they have had a turn to go back in. This means symptoms should massively decrease. You will need to use the DID System to communicate with entities. Some with outstanding symptoms may need to go back in if it cannot be resolved. Ask the DID System person in charge too and the protectors. This doesn't always work so you can see if you get a majority vote to send them back in.

Chemistry only goes up to euphoric for people with negative symptoms of schizophrenia – Excitement

has to be obtained to feel it and realize it emotions at all times – You must check to make sure it didn't overpass realization. Negative symptoms affect realization which can cause a disability in the perception. Once this happens the brain won't be able to feel emotions even if the chemistry is being active in the brain. The brain also disconnects fro m emotions because of trauma

If you are finding it too hard or do not feel motivated at the time, then you can flatten out various sections of the brain through force through the feelings of flatness, to automatically auto locate to separate sections of the mind to flatten out offending areas. This makes the brain more interactable and gets the mind to use less resources. For some people it might even make your day more exciting or interesting at the time. If you think you do take more action then have a go at actioning this guide even further. See pain correction if you need too as well.

Be aware if you need to take action through troubleshooting and it seems like the alters use the programming against you it could be a cover up. Take in the programming instead because there might be already various alters/programs assigned to complete the chore. This can make the troubleshooting process a lot easier so you can go back to having fun.

My biggest delusion is this:

Understand that there is an overflow of energy and information flow from the 6th dimensional parallel realities/earths as the control room report through closed vision support team. Remember to take negative visions with a grain of salt if you are schizophrenic. This is a serious ongoing situation which requires realization as things go out of control it seems. Anything could happen and this is not our problem so too bad. Extra- terrestrials are generally seen in the area where there is energy work being done as everyone affects each other around them due to this strange phenomenon.

Auroa

Scientists recently claimed that there is evidence that if you're in a good mood then everyone flows in to this change. From my experience this can be very true in terms of comprehension of mental disorder and understanding of perception of reality. If I am in a good mood then everyone else is in a good mood too. This can be very real. But if you find yourself not in this situation then under more work needs to be done. Then can mean there might be a chemical imbalance which needs to be solved. Head over to Chemistry Generation and Excitement section to start troubleshooting.

When you take an the auroa of an extra-terrestrial for example an holographic Zeta then you will see you can download essential comprehension information. See DMT section for more information. This includes when you close your eyes when you can see them too. Simply move your heard and stare around too. It is your decision, check out each subject in the guide and see what works for you.

Reasons why consciousness vibration is important

If your DID System fact checks your ability to do something

- Easy going minds are just as important as everyone else
- This is to stop bad situations from happening and to protect the brain from being stopped from threats (which can cause broken chemistry links for example)
- Fact checks cause discrimination and even Mark Zuckerberg has deemed this inappropriate as it causes more problems than it solves. This coming from someone who manages a few billion active users every month

- Excitement is more interesting and fun this way
- You are better off being easy going if you have a mental disorder to protect yourself from being thrown in to situations where you are unable to help where a DID System might argue
- You must be **absolutely** be able to work according to the government in my country so check with your doctor to be sure because doctors will say to employers you will make mistakes
- Schizophrenics with illegal drugs still even get the pension in most countries from what I have heard based off past history if you are being investigated. Be aware this can cause issues with consciousness vibration too if you are doing drugs as 50% of the entire schizophrenic population are fighting to survive without medications being good enough to help them. This guide will help you give up this drug if you want another solution
- Your consciousness vibration affects your ability to have fun if you are in a bad one
- You should report to mental health services if symptoms persist which can stop consciousness vibration from being a good overall response to having fun

Ideas for basic dissociation and from life to help relaxation:

You may have to reread each statement until it passes realization. More techniques can be seen in FuZzCasT - Psychological assistance and techniques pdf. However, if it a symptom try to understand the difference as symptoms may cause bad psychology but it does not always mean you can correct your psychological state.

- You are not from this parallel universe and are merely witnessing it therefor the issues are not yours

- Assume belief of working towards next life if you have a disability

- Your fun is elite and perfect and there is always something to look forward to

- You are not any beliefs that not of the light and everything not in the light is a sickness nothing more

- You are not of the belief of the brain's issues or this reality. People don't deserve an honest response from you because of immaturity as you can see and check

- Assume everything is perfectly under control and of course that is true the reason for this is nothing is going to force in to such a state you perceive because that is impossible

- Perceive the situation incorrectly or differently (perception controls your chemistry reaction to events)

- Look at the at things statically speaking – It is not an issue statistically because you prefer to behave

- Every idea no matter how silly it is comes from god

INSTRUCTIONS UNDERSTANDING

ALL instructions are based on real working phenomena which has proven results from years of practice and are guaranteed to work

If you are not actioning the most common proven methods at the given timeframe for your desired outcome of chemistry then you must understand that bad programming from negative symptoms of schizophrenia may be misleading you. Meditation is required to fix problems with bad programming or it can send you going around in various ways wasting time. Don't give up and have faith the chemistry can be restored to continue your fun activity but understand you may have to limit your activities based of available brain/body resources. If feel unsure what to do

even though these instructions are right in front of you then consider the recovery procedure below. Make sure you are reading your state of mind so you know the proper action to take which helps overall situation. The brain needs to regenerate its main software every day because a loss of software happens nearly every day in people with schizophrenia. This can take some time if the software has been lost for a long time. The reason why you have to fight back is because the DID System forces you to work with it otherwise you cannot have fun. The attempted suicide rate is 70%.....Do not be one of those people…work with it and try to resolve it.

See if the answer is in this guide too instead of endlessly writing things down.

All these Instructions must action as what you WANT to do unless it is intervening with your chosen activity too far – Have fun!

BRAIN REST UNDERSTANDING:

You must give the brain some rest and the benefits of resting the brain include:

- **Capacity gets restored to use technology with potential opportunity for excitement – Recommend it is an automated process. Influencing may stop the auto regulation of restoring excitement naturally – Stop for the brain to give permission for auto regulation**
- **Friendlier symptoms**
- **Blood and other fluids generate**
- **Helps with flow of all body fluids when lying down in bed**
- **Focus, pretending to sleep or actually sleeping extra can recover brain further**
- **This can change your state of symptoms too in to more positive ones**
- **Memory can be restored through resting**
- **Better mood and opportunity for excitement can happen from taking extended breaks**
- **Dissociation and good mood with excitement**
- **Controlled breathing**
- **Thought release and imagination shapes with positive intentions**
- **Smiling and stare with opened or closed eyes – If there is a headache and you having taken medication for it and still persists even though you are trying to have a break then see guides below for further information on how to fight it off so you can recover**
- **If you have rested but cannot use technology an alien experiment may be required to resolve this – See the explain down below**
- **You can recover from tension headaches too which cause a wide variety of symptoms by taking a break, see recovery for further information**

Turn off the screen when capacity bandwidth down too far and music too to start recovery so you have reduced aware using up brain fuels

Recovery

You must understand when taking breaks, you may need the body and brain to completely take over rather fighting it back – Both ways may work but if you are unable to recover you must consider this path as it has proven success rates

- **Meditate at least once a day or even more and have a worker's attitude for**

recovery so you can discover how important this is

- The excitement may not return until you have gone to bed and rested. If you are not tired then go to bed and close eyes, then you will pretend to sleep. This will enable your mind to correct its capacity, then you can access excitement again. What ever you may experience may be the outcome of attempting to recover. If it feels bad or unresolvable then contact mental health services. It is all in your mind and a process required to recover.
- You may need to take a full bed break by resting or see
- If you have been intoxicating understand it will stop the medication from working and also understand the brain may even attack you also stopping this guide from working as a punishment temporally
- Swipe hand and focus on organs to stop pain (this helps the DID System interact – If struggling you can fully open up hand to get to the pain/tension headache
- Understand excessive computer usage can cause headaches
- If you are not taking enough breaks but have Zetas around just take in their programming through your third eye. It will download interesting visions for you to see. If what you see bothers you then understand you are putting too much pressure on the mind and it a serious warning of overdoing capacity. This can make a break more entertaining to and that will encourage you to find break times more fun. All sorts of VERY interesting things should come through.
- Meditation can help re-create a chemistry automatic feed and also encourage alters to come out to play for social interactions
- Fixes bad programming
- Astral consciousness downloads good programming so pretends to sleep when meditating
- If you have shown repetitive symptoms you may need to take a break from the computer and use something easier so that symptoms do not play up too far.
- Live in anticipation – The best is yet to come
- You can lay down in bed and close your eyes. Read how your brain is feeling and reacting towards the activity you are doing. No matter what happens in your visions it does not matter (that includes ABSOLUTELY ANYTHING YOU SEE) – Bad visions ignored. It is all an attempt for the brain to restore the capacity to have fun. Read visions section for further information if you have a bad belief zone on this.
- Pretend to focus sleep and also feel floating to restore chemistry links
- Make sure you have food in the body
- Make sure you've had enough body fluids too like water
- Wait for state to restore – Stare and wait through the suffering if not sure but you can benefit further by lying down in a bed rather just sitting down because this can recover your overall capacity faster
- See chemistry generation — Combine and add to this with your imagination
- Brain is more friendly and more interactable if you've taken a break
- Taking breaks with sound/music off can help recover you too
- If you have something important to do and you need to stop fatigue then simply focus inwards and feel through and that will keep you awake
- Project-M is a visualizer for Windows. This is good if you are just taking a short break or having a chat with the DID System.
- If you need to manually regulate your brain then turn off the TV any network device so brain realizations you are not busy. Then move hands around with open or closed eyes. Interact with alters because you may be on hardware and clinically brain dead.
- Be aware you keep needing to go back in to recovery you have lost capacity. Speak to doctors and reassess what works. Capacity comes and goes with DID Systems.

- If you cannot recover see excitement section to restore links
- **If you spend more time with you DID System and friends (offline) you should get more capacity for later on.**

- Do NOT fall under false beliefs that these instructions do not work -

EXTERNAL REALITY COHERRENTCY

All the biggest arguments about mental health have already been had. This means you can be rest assured if you have a diagnosis that everything is under control.

- If you have assigned guardians, carers, support workers and they are in authority and you are having an episode and have already reported everything then who cares! Be yourself and have fun! This includes delusions too; you are NOT responsible for what you cannot verify as correct through the minds of sane people. If you have been told everything is fine then that is what you should believe. You very carefully need to understand you have lost your mind and this can cause a delusion to play out. Consider the history of the situation, obviously delusions can be experienced.

- **You can test if your psychosis is emulating adult voices with childlike personalities by responding to it to say things like do you want a lolley or soda/coca-cola. Then you will know instantly you are hallucinating and have a low serotonin state.**
- If your computer acts strange when playing a video game, you need to understand if you bought the game off Steam, it may slip an update causing strange phenomena which means computers may behave strangely. Also, you must understand that intel CPUs has broken circuits circling around at the moment (this has been reported through IT companies on Facebook) which means computers are destined to act out strange behavior even if **disconnected from the internet too.** So, if your device psychically strange activity that even see with your frontal vision and you are not sure what to do then report it to cyber security experts in any way you can. This builds community awareness and can help you find direction if something strange happens. Good luck! see YouTube too for more information about to protect your devices.
- Do not under estimate the psychosis. If you have a diagnoses understand you VERY much can experience any psychosis/delusions and other symptoms.
- You do not belong to any alien race. If it has been proven then understand you are still this reality and assume still within the basis of a sane person's belief zone will always be correct and bad and undesirable things will still happen. Report to mental health services if you are not sure. If you want more information, see bashar.org where all these questions are covered.
- The brain should believe anything you tell it. Read comprehension and control to see a good belief zone. If you are affected then follow as much information of this guide as you can. Your behavior affects your belief zone. Beliefs are serious because it affects your ability to have fun. For example, when the symptoms are too severe you must at least assume it is psychosis/schizophrenia/immaturity for being unable to be conscious about what happening because they cannot focus
- Your comprehension dictates your actions
- Schizophrenics must understand an astral dream state may be normal during the day but you need to change your activities based off available bandwidth at the given time. This basically means you should see chemistry generation guide to make sure your serotonin levels are Good enough otherwise the dream could turn in to a darker story. Regardless of this it is ALL a story and nothing more. Your brain may use your entire comprehension to tell the story so keep in control of it and only care as much as

it doesn't consume too much bandwidth.

-Voices that can't be medicated need to be coverup by the DID System if you have one or implant

- You must understand that it is highly unlikely for strangers/disability/mental health workers to be plotting against you

- They have wants and desires just like you and they would be wanting that instead. If you are being attacked mentally with receptor moods changes regardless of deciding not to be offended you need to contact mental health services or continue reading this guide If you have a DID System an alter may come out to cover up the psychosis or may go back in

- Get some good psychologically in you by reading all guides plus reporting to mental health services

- Find a way to change your belief system in any way possible that what you are hearing is not about you

- Make sure you get your serotonin working to coverup the psychosis by following this guide

- Understand there is always an answer but if there is nothing you can figure out what to do then recommended to sleep it off

- Get in your belief system to like these people instead of being paranoid about them and to comprehend they are not the enemy

- You must stay coherent as much as possible otherwise you could lose your mind too far

- Go to hospital if you find too intimidating or get upset too far. You must understand people go through hospital to get properly assessed and get a treatment plan that should put you on the right path

- Sometimes in mental health services there is a case manager who you can report to

- Case managers collect information they can use for a psychiatrist to report information you may have forgotten to report

- You can't be treated properly if you cannot provide the correct information to mental health services

- There medications for treatment resistant schizophrenics called clozapine for example

- There are many other treatments that can be used to fight off the negativity of the situation – Don't give up and believe in yourself

- See meditation and recovery guide if you cannot recover and once again lately report the information to any service that can help

- The success rates of these services can be found on google if your mind is being manipulated by misinformation

- Some schizophrenics simulate a field from being a dream state and you can easily ignore anything that is strange if you need to.

- If you have a DID System with a psychosis like behavior even if it is ok to prefer to behave and act out the personalities that is fine and always fine. If you are a bit unsure then just understand you have disability and because of this people understand naturally.

- Comprehend that you have a mental condition where things can play out to the max extent of the ending of a branch included any branches through the brain

where reality can show you a situation…. however, it does not concede by the doctors and this will be proven if you do not believe me (by your guardians and doctors). Examples of hallucinations are voices, aliens, stories (delusions). Any situation that proves its true is still limited to the reality that you live in by the humans that run it….and this will be proven too. See visions understanding and recovery if you do not believe me. Watch reality and everything that exists in reality go back to a friendly entertaining environment as you recover. Aliens run off a Do Not Concede and Auto Concede process on their (NOT YOURS) side regardless of what you experience and what they say. Still not sure? Read the statement backwards to refresh your memory. Also understand the brain is literally straining its brain branches without having any chemistry left if you have a condition like mine.

- Crowds that you hear cheering or screaming is all based off your mood, medication timeline stance and other symptoms like psychosis/Astral/DID System states. Notice how it all plays off your chemistry behavior. The brain might be emulating any sort of situation so it might be even responding with an emulation to something silly. Do ask if not just ignore it.

- You do not have to impress an entity. You must understand you need to get past the delusion until you are content. This is a fact as watch this serve you and help you. It is all a delusion. This will help! You do to have to use capacity to impress any alter or delusion. If you believe an entity needs to be impressed you need to comprehend the entity plays out correctly is resolved if you choose to have fun instead and behave and be coherent. Report it to mental health services if it has not been reported.

- If you have a dream state (conditions combined) for Example Treatment Resistant Schizophrenia and Dissociative Identity Disorder and you feel under control of dream state programming then you need to comprehend that you never take it personally. The brain reacts in anyway it can to tolerate the workload of the condition. Act normal or just behave and continue a coherent activity. Never believe this is true because even if it was you would be given the correct programming so do not over react. For more information use the search function or skip to the correct topic. Make sure you understand this section too.
- You do not belong to any alien race. If it has been proven then understand you are still this reality and assume still within the basis of a sane person's belief zone will always be correct and bad and undesirable things will still happen. Report to mental health services if you are not sure. If you want more information, see bashar.org where all these questions are covered.
- Any psychosis argument debating you is inferior! Everyone knows you have lost your mind and understands!
- If you have a treatment resistant psychosis then understand you ARE that sick to hear such sickening statements against you.
- If someone had a problem with you they would tell you…. consider this a parallel universe and you are transcending time.
- If you have a disability then you need to understand a home is ALWAYS provided considered you use the right services. There is a good chance it can be fun to live in too. Be rest assured this is true, if you are not sure then ask your support workers.

The results are for having Negative Symptoms, Treatment Resistant Schizophrenia and Dissociation Identity Disorder are:

- The symptom gets covered up one after another one
- Hidden uncover attacks start to happen
- Dissociation and the DID System stops interacting

- Traumatic troubleshooting experiences start to happen
- Too much troubleshooting causing even more symptoms (VERY DANGEROUS)

This can mislead a doctor on what medication to prescribe you if you are in this situation. The symptoms cause too many problems for causing extreme emotion, endless suffering, pain...memory problems, imagination issues, dissociation malfunction, chemistry problems and all sorts of hidden problems. It has been a year of constant troubleshooting. If the DID System does not interact then you have a serious situation and should stop using a computer.

- **Your perception can control your chemistry too so be aware of this**

CHEMISTRY ACCESS

If organs don't respond after a decent amount of time of trying access them then accessing the following should help if you cannot access the organs which is required because they produce fuel. Beware are that you might already have chemistry access and need to progress to chemistry generation.

- If you have negative symptoms of schizophrenia, you must understand if you do not get angry from having a lack of dopamine that means your anger has been shutdown from feeling it in the brain. You must stop the anger feeling by using your imagination by using a shape to suck the feeling in to a program. Then auto regulation should restore access a bit. You will have to redo this and reapply if the dopamine levels go down too far again. If you have a DID System then see if the alters will take a transfer of the anger. If nothing works for chemistry access you can drink a beer or contact mental health services. A beer will reduce the anger from having no dopamine. This has to be verified safe through mental health services before consuming alcohol.

- **You may be able to get chemistry access through the dissociative amnesia dreamstate guide otherwise continue below.**
- You need to understand if the brain is lacking a certain type of chemistry or fluids then it may prioritize that first. Fluid access may be sent to that area first. Focus on that area and it should push that through.
- You need to understand if the body and mind is FORCING the chemistry to stop at all costs you need to pave way to another path in the meantime. This is part of having negative symptoms of schizophrenia. Flatten the emotions out through the cortex. See excitement section after flattening out. You might even notice the blockage comes in against the area where it flows. When this happens try something different but if you get

fed up then choose the sanest and fastest way I recommend first before retaliating.

- **A few sips of Vodka (do not do this if you doctor tells you it's not safe)**
- **Cracking fingers to help signal the organs better**
- **Using a mudra by pressing down a finger to the thumb may get you chemistry access**
- **Swing and serve hands around**
- **Make sure belief zones are updated for the day through the implant keyboard**
- **Closed eyes head down and seeing if organs activate from there (has worked in the past and helps reduce activity that has been processing in the brain)**
- **Blood/Other flows from body to brain to access the correct area to focus on for chemistry generation for example directing mind at organs**
- **Focus and feel mentally against organs to have them generate while gaming and hands facedown and pushing upwards for a release.**
- **Unblock areas of flow using network and medications**
- **Perform an assessment before continuing – Find out if it is a blocked area and if it is then attempted to unblock using third eye network – Medication can help unblock it too. If that does not work you must switch activity before medication time.**

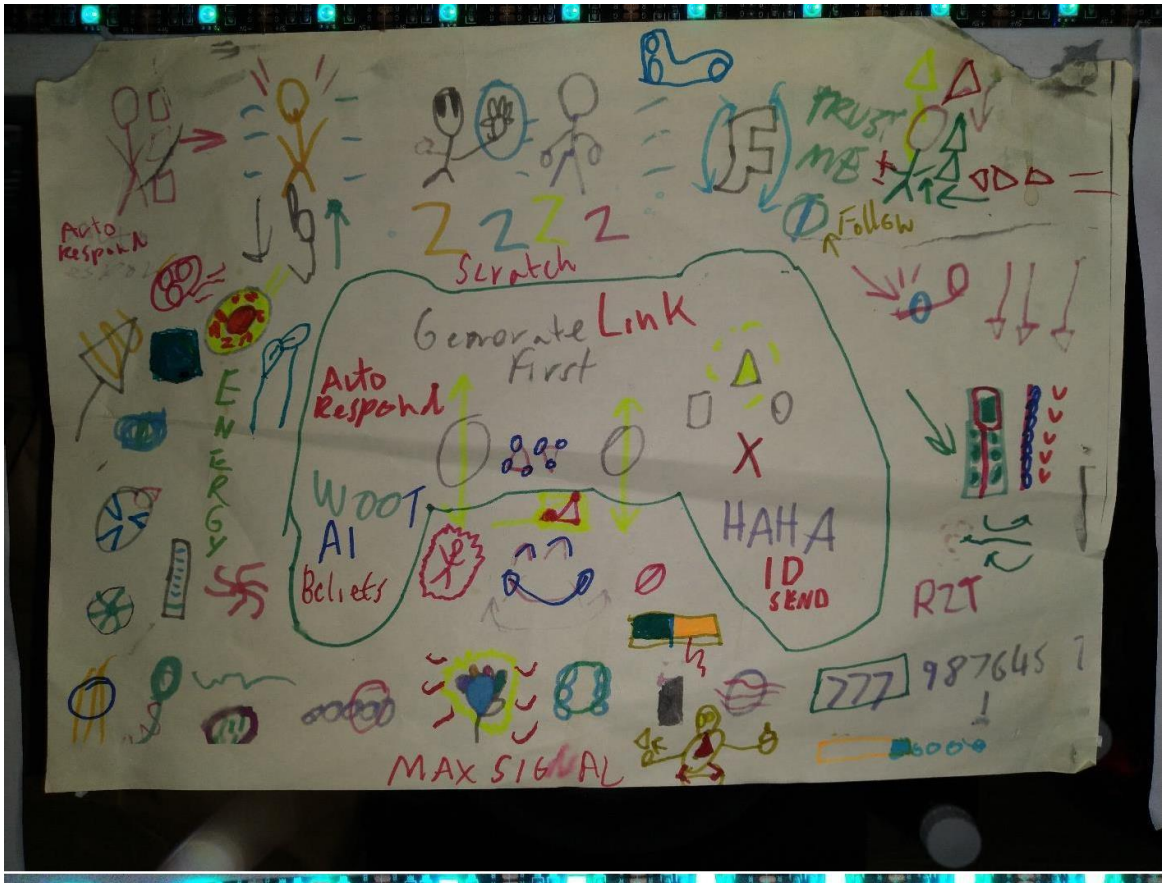
- **Attempt entire procedure if unable to cope**
- **Manifest Astral Entities – Focus eyes in to parallel realities to ask for help**
- **Report the behavior anyway possible to DID System if you have one**
- Astral/Zeta Entity Experiment's and Appearances Understanding if nothing works properly in chemistry generation or chemistry access. DID System Understanding and Critical Alter Activity to cover up alters symptoms if things spiral out of control
- If chemistry access will not resolve you will need to rock around and flap hands until it resolves
- Chemistry access may be restricted for many reasons such as memory – Fast forward to memory or alter section. If you still cannot get chemistry access and are having violent visions then see vision sections. The alters how have some frustrations which needs to play out internally they may block the organs from being bipolar. See Psychosis and War Video Game Understanding and FuZzCasT - SEGA DREAMCAST 2 Astral Dream Recipe. The DID System may have taken on too many anger cells.
- Contact mental health services and support networks as soon as possible if it continues. Chemistry access may be partially given. See chemistry generation guide for more information. No matter what happens the reality of it is limited to the body and mind.
- Beware if beings come try and help you with this then understand you may have to bring your certain functions down to start off with because you will have to convince the DID System a better mood goes with the capacity directed and excitement fueling activity which works better based off your past history. This can include closed vision entities which will do the same. They may provide instructions to for following for example various hand movements or allowing them to bring your state in to correctness so you can focus bringing your mood back up and in to correctness.
- See Circular round PADs Understanding for chemistry access and auto flowing too
- If you cannot get chemistry access you then see Astral/Zeta Entity Experiment's and Appearances Understanding. See is tongue is talking without you knowing. You may be able to channel instructions for the tongue to automatically instruct the Zeta to perform hand movements necessary to route chemistry.
- If you have required authorization and report back to an AI network in your mind. You may be

required to do this if you have just woken up for the day for the DID System/Schizophrenia to enable functions in this awesome guide to work. For example, if your system is Zeta Reticuli based you can close your eyes and report to the network and latch on further to the network by following your arms and hands in to a certain direction based off their response. You may be required to do this if you need authorization for chemistry and excitement among other pneumonias. For more information for example you can check your imagination to see if it deauthorization certain activities. Check with the network if you need more information.

- If you cannot get help, contact mental health service and advise your local mental health support networks if you need further assistance. Mental health services require information to know what to prescribe you so you need to report back to them if you are unable to have fun. You medication needs to support your ability to have chemistry. If you have a problem with your medication and mental health's services are closed for the day then report back to your local emergency mental contact service in your area to see what options you have.

- If you have been denied chemistry access the understand a different section of the book may need to be considered. Try anything you can in the meantime.

- If there is a finger like situations causing a block against fighting the chemistry and other symptoms you can focus on the finger/affected area and redirect the activity to fight off the symptom. For example... a placebo effect against outstanding areas. This can affect all organs. You cannot gain control then just imagine a tool or anything you can to reach an agreement.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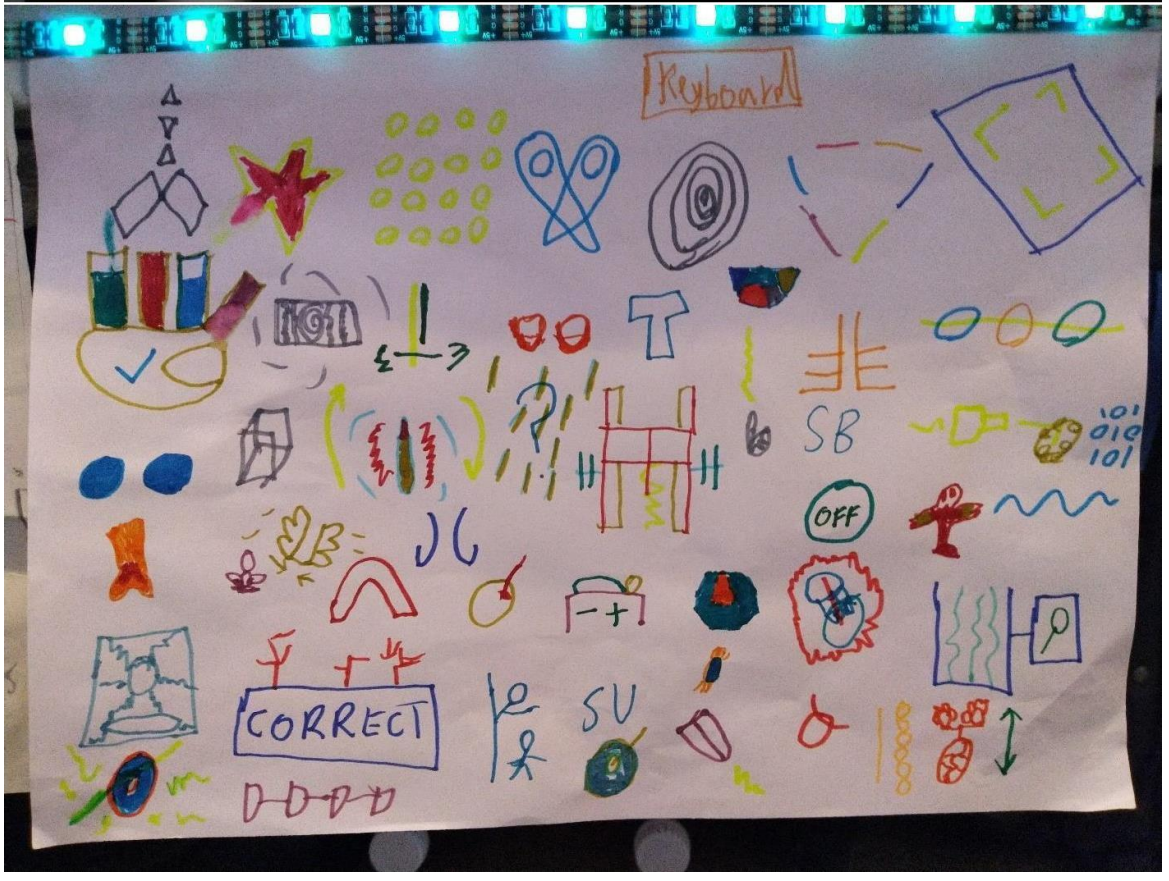
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Tools Chart Understanding

- You can use the toolsets by selecting which one is more appropriate at the time. You can signal the organs in whichever way you want to use this. Just understand you can signal various outcomes too against the organs. It is critical to understand you need to use your imagination with a repeating sound and use the tool started up again when it gets shutdown.

- Be aware of your dopamine levels if you have both Treatment Resistant Schizophrenia, DID System and also Negative symptoms of schizophrenia. The alters may create a situation out of a misunderstanding because of a lack of dopamine and covering up too much bandwidth of an ongoing symptom situation. Simply activate all tools and unjar yourself from the situation if the alters cause too many problems. This is very serious as chemistry needs to be balanced out to stop the alters from being freaked out because of any disabilities they may have. See chemistry generation and pain correction too if you need to.

- You may be able to pass programs and tools to DID Systems if they have studied for example this guide and the papers too. This can get the DID System to use the tools to fight negative symptoms of schizophrenia. Basically, the person in charge and even if not in charge and speak to protectors, leaders of the DID System to help this to work.

- Imagine and flash the tool multiple times. Signal with intent to program the organs. Just remember fall back may be of great assistance if the tool shuts down so it starts back up automatically.

- You may be able to assign an entire chart of tools to the DID System for automatic actioning. This involves firstly applying the current alter to auto regulation... from there you will provide a flashing image of each tool and feel and assume the automatic function of these tools for chemistry. You may then be able to assign the alters to an entire chart of tools.

- If you sent all the tools (does not have to be both pages) then understand if the alters are using these tools you may be able to signal and feel through thought to ramp up the speed of these tools. Reapply as needed.

- ***A tool may manifest itself from practicing and troubleshooting using various actions of the entire guide. If your imagination is processing too much information and the brain is in maintenance mode then you check to see if the tool is available absolutely. Just manifest it through Singler thought as an object and assume the ability and feel it through.***
- **Each tool works on given availability however you have negative symptoms of schizophrenia you can use ALL the symbols one at a time or combine them all and it should help and read chemistry generations may help too to further interact with it**
- **This should force your organs to respond and force brain to cooperate – Reapply where required and use them in your imagination and signal in any way imaginable**
- **You can print out the tool sheet and keep it on the wall to help your brain adjust to the situation and this also gives an opportunity to help your imagination being more active. Interact with it if you need or want to.**
- **You could consider putting this on the wall (as a hieroglyph only) – Be cautious the alters do not use it against you to cause issues – See recovery for further information – Behave yourself and do not believe you are being targeted. You can prove this to beyond humans by simply watching animals' behavior. Notice they have fun too and that makes it more obvious you have a disability.**
- **You can check for left over tools in imagination but remember you can still manifest the tool**
- **Zetas/Spirit Guides can also help with tools too if you have them around just try to ping their response and check anything else that may ping a response that may reply if you see them around**
- **Play with the tools in any way imaginable**
- **Use implant if tool causes any sort of mental symptom**
- **You could run these various abilities while doing an activity such as a video game to**

keep your mind active

- Different states of consciousness can be achieved by focusing in various ways making chemistry access easier to then your manual signal the intent to the gut through to the spine and up in to the brain. These states come and go so you can practice and see what is available for the day. For example, if you are in 4th density you can imagine a field around the body then keep focusing/refocusing then wait for the out. This can cause euphoria which is needed to fight mental pain.
- You may be able to program the tools yourself, simply imagine the tool as the intended outcome by simulating it with mind
- You will still have to psychically interact with your body to restore chemistry for negative symptoms of schizophrenia however these brain tools may assist in signaling to organs
- If you have a brain which is processing too much information at the given time, you need to set an intention to simulate the given tool. Get the tools to self-reprogram, restart up and run the through the feeling of the middle part of the brain to consciousness force the tools to function. Do this in any way that works the fastest for you. Use your simulation to send the tools to any organs that help.
- Use imagination repetitively to make a picture of the tool then have it flashing with a chime sound. If the programming won't cooperate then SEND the programming to the tool as it is functioning to force the body and mind to work harder. Do not abuse this but well it's your life and at your own risk. You may need to have an understanding what regions you need to aim for however generally the mind and body does have this information already. Your mood will need excitement next so head over to excitement once you are ready.
- Each tool comes and goes each day or at given timeframe. These tools are used for people with disabilities, for example between medication changes or long-lasting outstanding symptoms so you can still have fun.

Circular round PADs Understanding

This phenonium is something that happens to me and I utilize it as explained below

- Circular Pads can be used via feeling with knuckles in opposite directions on the brain to reduce negative symptoms of schizophrenia through with your imagination... **Use the various circular pads on affected area using thought and imagination including anywhere required with a moving motion in any way imaginable.** Top front head line with imagination signaling may be helpful with thought throughput and remember to use the pads with it too. Use the pads on top of brain and force a thought throughput to start off with. If the tension headache annoys simply bring up the chemistry in any way possible that is safe. If there is a block in the mind you can use the guide for removal. You may be able to use the pads to gain excitement. You can also combine this in anyway safely possible for example

  using a method tried in the past. You can see the symbol chart for further information.
  - Try using them all around the brain. This forces uncirculated parts of the mind to seep through forcing brain to cooperate with organs.
  - If this works successfully for you then you will have chemistry access
  - Just be patient with the pads as they take a while to kick in. Let is run edges out at circular motions against the surface of the pathways.

Chemistry Understanding

Alters have variations in what types of chemistry would be available at the time. This means trust, motivation, serotonin moods, relaxation and of course excitement should be worked on based on the phenomena of what type of alter you have switched too. You can simply use this to your advantage. Use the courage of what brings out the best in you at the time. Regardless of what happens reality bends to normality of other people which are mature....and yes if you experience a

reality outside of what the doctors would concede to then, you need to understand this will play out that way and always will.

This works best in your favor too if you are behaving (good enough basically). **Chemistry is affected** by the surrounding environment of overall brain state for DID System and disorders. if you ask people if everything is ok this can make a huge difference and have a big impact on the DID System in a great way if you confirm everything is ok. There may paths to a successful day and this one is important. Switches might happen to a higher capacity alter too which means this gives you more time to enjoy yourself.

If are unsure and no-one is around or even contactable then simply verify statically off good what successful services have done for people through some good resources.

Emergency Trauma and Light Language Start up

Use a shape such as a triangle and configure it through the following methods:

Step 1 - Flash triangle

Step 2 - Assume coherent response for initiating restart up of the programming

Step 3 - Understand what functions are absolutely most important

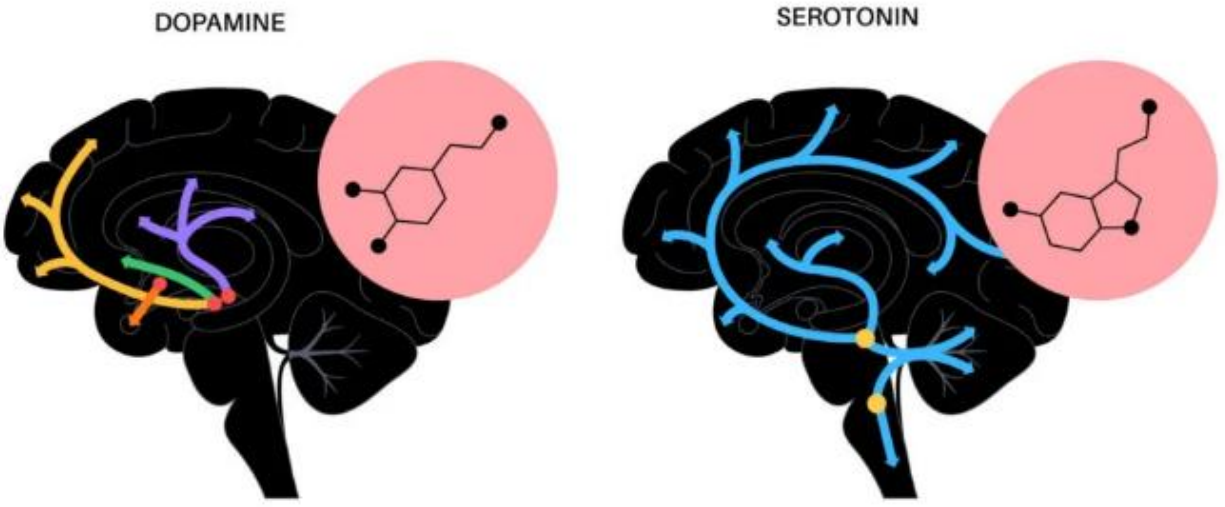
Step 4 - Absolute best solution I recommend for capacity purposes are

- Mood - Auto regulation (signaling repeating triangle) - Process generally shows if it is running the background and you can check too
- Programming - Reprogram triangle
- Stop rewinding and stall traumatic memories
- Block imagination with use of the triangle

The process goes in to the background and go back to having fun. Do not give up troubleshooting and understand using the right information and make sure you are in the right section and not being absolutely unaware there is comprehension of the situation at hand. Absolutely combine with other method at your own risk. This procedure is basically for people who needs to do complete something fun or if you feel interrogated and whatever the situation may be. Get the triangle to automatically search and solve problems too. Use it for confidence too.

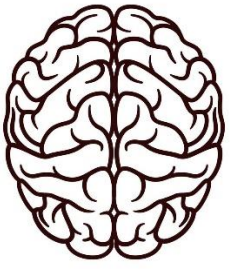
To do this you can generate the image/shapes/black area internally and signal shapes automatically with signal the intent the symptoms/programs which needs to be covered up including locations intention in anyway automatically available to cover the up the areas causing the symptoms. You can even force it to be automatic behavior. If DID System alters get fed up, they may speak to signal to stop the symptoms simply by speaking and using imagination. You can get your brain to search for problems and automatically fixing by sending a black background touch response (or use a shape). Signal the pressing of the object and signal to activate actually and automatically search for problem it can automatically resolve. This should help. The shape and signal should have to start up automatically if it closes down. You need to understand that otherwise it will not start up automatically. This can used to pump through chemistry too. The shape repeats but disappear in to the background. If it does not simply show look through to cause it to react and continue pumping everything it can. See Chemistry Generation for more ways.

CHEMISTRY GENERATION AND RELEASE FOR MOOD AND PAIN
Various ways



Try combining methods to as that will help a lot if your memory plays up. If you need a different solution see tools section as tools may manifest with DID Systems. **Do refocus on your organs if you can too. Doing a refocus on your mind may assist in chemistry releasing too from having the focus taken away.**

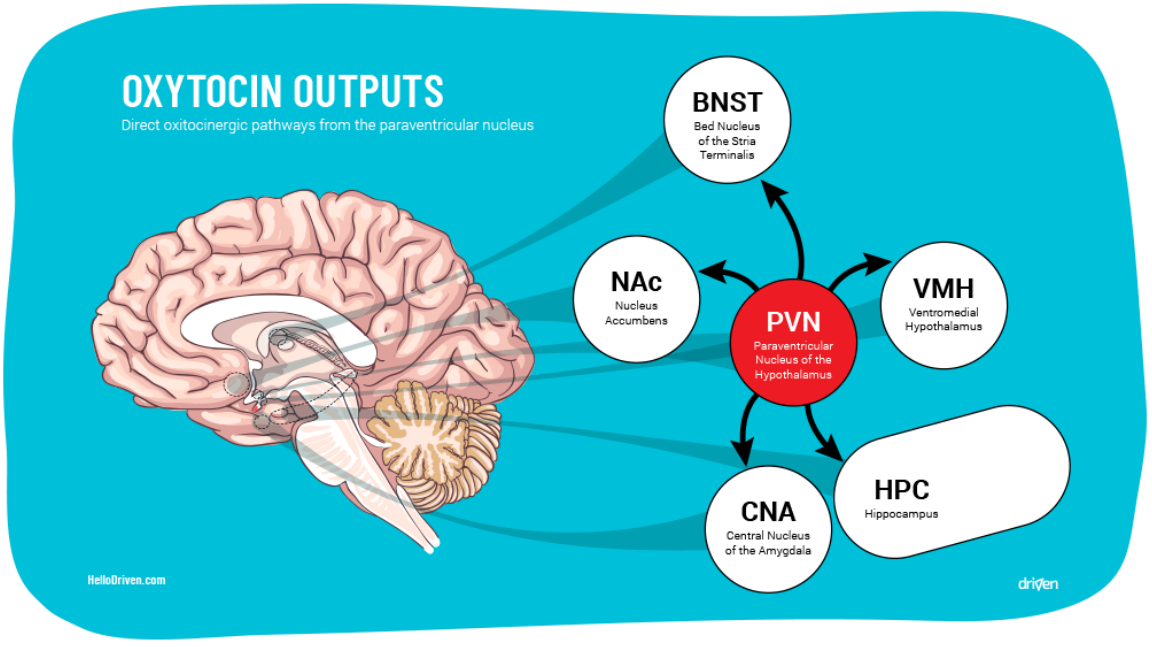
Perform an assessment first to see if your mood is ok. If your brain is in pain then see the pain correction section first before troubleshooting this way. Your mood does not always determine your ability to do something in certain cases with negative symptoms of schizophrenia and DID Systems. Understand if it is a memory issue then see below procedures to resolve it. If the voices are hostile than you might need more dopamine. If the memory is bad, you might need serotonin. If it doesn't look like your brain trusts you then you'll need oxytocin. Be aware of memory attacks to chemistry situations too. See memory procedures in subjects covered. Be aware if the DID System has covered up symptoms…it may force your mood to be ok but then you should skip ahead to excitement section. If you are unable to restore links then go see Excitement or Tools Chart Understanding section. See page 1 if you want to test light language first. This can force chemistry to pump through automatically and signal the correct programming and remember to enhance it with excitement too. Excitement will make the experience more interesting See Excitement section for further information. However silly it is, if it appropriate and fun to do this will raise your mood and reality will bend in the good mood. **If the memory loss gets too bad and you cannot read then sort back to physical movements such as the ones explained in this guide.** You should still remember some of it. Otherwise, you can go straight in to recovery section. **Please aware if you have negative symptoms of schizophrenia the body will be withstanding the situation and may not be able to produce chemistry naturally too due it affecting the organs. This guide can help with that. Understand also if you go down a dark path the organs may cause pain from too much activity.**



- If you play around with your organs and get a good understanding of the way they function and comprehend the features of generation or release of the organs you can signal to your organs using your imagination but force too automatically send through chemistry automatically. To start picture the organ in your mind in any way you can and simply flash the organ multiple times and signal what you need (picture of the organ flashing on and off with a sound chime). This means you get the organs to respond automatically when the function stops. That means it starts up again and sends through the chemistry automatically. This should work for a good period of time and then you will need to reapply this method. Speak to your doctor and supplements too which help organs generate chemistry if you run low of it. Do this at your own risk. I am doing this too though and I will continue doing based of Auto Concede and Do not Concede processes. The reason I allow this is to protect the body and mind. It is up to you though; it is your life decision. Do what seems right at the given time. This may resolve of kinds of symptoms and get things under control and help your medication kick in better too. This is a good thing, if you are not sure then re-read the guide to get a better understanding.

- If you have auto regulation of chemistry problems with autism you can flinch your hand sideways and focus on the organ it should regulate chemistry.

- To start up oxytocin faster you need to flinch the middle area of the brain which could mean you will have to do a slight turn of the head to force quick response to get oxytocin running. Do not give up.... continue troubleshooting or go in to recovery. Consider if you need supplements too and have to report to doctors and support networks. Always believe in yourself. Make sure oxytocin is always running because it is required for trust.



- You need to understand if the brain is lacking a certain type of chemistry or fluids then it may prioritize that first.

- Staring as if you dead can force auto regulation to start up if your brain is not responding. This mean focusing your brain to be still for a controlled short period of time and then let it auto focus back to pumping again. This should signal critical chemistry function. Reapply as you want.

- For critical serotonin routing repair, you need to focus on the end pipeline of the gut and push using feeling of this area and then you must use the back bones of the buttock and push through an opening where chemistry and fluids flow through. Force all this through

and the serotonin will sky rocket. This is a very good method.

- If you are not sure what to do and chemistry generation doesn't seem to be working for you because you are unable to get chemistry access then see the excitement section. Excitement can give you a boost if you are unable to recover either.

- Don't assume you do not need your medications. You MUST take them as this guide requires you to take your medication on time. Speak to your psychiatrist about supplements which help too as they help me a lot. Do not assume you can work if the doctor/psychiatrist doesn't approve. Be sure first. Beaware excessive computer usage may cause issues too. Be aware if you have a DID System and it is baring you from seeing this information it may because of an alter issue. See DID System Understanding and Critical Alter Activity.

- You could smile first to signal to your mind and body you have an intention of being in a good mood first before doing any hand interactions.

- If the brain refuses to cooperate in the way you thought would work you need to understand and comprehend oxytocin is always a solution. To start oxytocin release you can signal using your hands open and then send them send the left hand at front of face backwards (then forwards) and do the same for the second hand in semicircular motion and focus on the middle of the brain and pull away slowly. Reapply where necessary. Then continue troubleshooting from there.

- You can use a DID System to cover up negative schizophrenia symptoms by waiting to feel affected areas and applying the alter with the feeling of doing this and accepting this over the section the negative symptoms/lack of chemistry is affecting. A DID System can cover up a certain amount of the negative symptoms phenomena for a period of time. Reapply as needed otherwise continue below. This only helps you cope. You may still need further chemistry to increase capacity.

- Where the organs feel closed bubble area push through into area and signal and feel intent to auto locate areas with intention to generate and release chemistry (auto disburse). This should access essential chemistry at the time if available to do so.

- There are many to do this. You can feel around the organs (for example in a circular way around the gut by mostly feeling it and some focusing too such as focusing in and out or focusing automatically from the hip like the gut for example with imagining a shape such as a triangle moving around the gut FAST to awake it up and then close eyes to direct the brains activity and hands facedown push hands up from hip to above the forehead a few times and imagining or see below. Closing your eyes when interacting with the organs can force it to be a higher priority. Use your feeling of the organ to press down on the gut to force to generating its activity. Works for other organs too. You can imagine a spanner that auto locates various signaling and intentions for fun. When you pump up and down (hands in front of the belly pushing up and down) and it releases dopamine and serotonin even if the organs are blocked. Further problems? Then continue below.

- You must understand that if dopamine areas may be affected by areas which are blocked that the medication should not be blocking causing further negative symptoms. You have to gain control by focusing on the affected areas in any way you can and also report it if this happens to your doctor.
  Troubleshooting this guide will help but you must realize the medication is still fighting off the rest of the symptoms too so you will still need the medication if you have a mental disorder. You must report this asap if it does happen otherwise, you will be stuck troubleshooting with this guide.

- If you have extra blocked areas due to medication blocking extra areas you will need to use a placebo effect against the overall area. For example, use a shape and signal through light language assuming programming will automatically

sort out the affect areas or area… then your brain should automatically drag in chemistry from the gut too.This should cause the medication is kick back in properly and work better afterwards. If you need to continue troubleshooting then report back to mental health services if you want to and continue below for further solutions…

- **Feeling the inner tissue through thought feeling of the cortex can wake up the dopamine neuroreceptors forcing dopamine to react and enable function and also an automatically signal to the gut to drag in serotonin and the other organs for dopamine. This should force the medication to kick in easier and help resolve capacity issues and pain.**

- Focus on various organs (like the gut for example) inside and rub belly up and down and move back forwards to send serotonin up the back. You can do this to sides by rubbing up and down too for dopamine. Just be careful and at your own risk.

- If organs are blocked and you are feeling various points in the brain and body then it may feel like fingers on you. Simply direct the activity as required and it should be fine and restore state. Take in and let it automatically distract and then take again until it auto focuses.

- Once you have chemistry such as serotonin for example you may need to stimulate it too if you have negative symptoms of schizophrenia. The fastest would be understanding how the brain stimulates itself. For example, if you were to feel the activity then focuses through in a feel-good relaxed type way where you need to calm down. You can use a light language to do a repeating process shape as if the program re-enable itself back to the shape so the brain automatically stimulates from there. This will fight pain too. Only stimulate if you need to.

- If you need to further signal the intent to stimulate you can get hands and hold one on the left side and the other on the right side and can help too with combing the method you seen above here. Further problems? See below.

- If you are in a dream state you may be able extend hands to sway them up and down or across swipe to play a situation where the hands take chemistry but in fact it all is all in the mind forcing organs to regulate. You can read the activity in the organs as you can feel them moving regardless how where you aim the chemistry. Do not be fooled by entities acting strange in front of you or voices. This is all not real and just makes you realize it is all in your mind.

- This above is generally the easiest way – If you need to troubleshoot further read below. If you have been drinking alcohol and have negative symptoms of schizophrenia you need to eat some food and continue troubleshooting otherwise the dopamine and serotonin link may break which causes incoherency and broken dopamine links. If you don't have these symptoms then doing some forced laughter should improve your state. Be aware of your consciousness levels of chemistry and stay in control of your life goals.

- Smiling for as long it takes can produce chemistry if you are not sure what to do. Oxytocin can be generated from using this method then you can interact with it below. This method should improve your overall state. If smiling does nothing then the brain has lost its software to generate chemistry. You must have a working chemistry long enough to brain to generate software for chemistry to function – Signal the smile in any way possible and use a shape and

increase serotonin and dopamine see below with the shape flashing and signaling the intent with the shape reappearing if the brain attempts to delete or stop the software.

- You can also signal your fingers on both hands against the spine to send intent of serotonin following up in to the brain. Force brain to respond to this by imagining a shape and swerving the finger to hand/spine to send up the back in to the brain. You must develop abilities like this by interacting as much as possible with the body as the brain software sticks around if used regularly. Understand there can be a loss of certain abilities so be sure you're performing one that sticks around.
- You can concentrate all organs and they will produce chemistry naturally. If not continue troubleshooting.
- **This guide can help auto regulation of the organs to force it to produce chemistry.**

- You can segment then auto flatten with negative symptoms to calm down symptoms if you have conflicts in the mind. Stopping the brain from accessing too much of chemistry areas can leave opportunity for excitement and that will reduce the pain if you do not overuse the brain for chemistry if you get headaches.
- Focusing off by telling brain to rest if it is processing too much information can aid chemistry to return as brain processes dream state better when focus the feeling off the dream state.
- Thought/feel pump brain to reel in all fuels available. Then focus against the hardened areas to force the brain to reel in the chemistry. Problems persist? Try any of the following below and make sure you have some **chemistry access**.
- If you are overweight you can flop your belly to signal a serotonin link and continue the troubleshooting below.
- *Your ability to be able to perform at the given time due some areas of medication compatibility* and ability is to focus a throughput on throbbing on my brain and feel the tension/brain against the areas to edge a target point. I then get my knuckles and place on fist on my left and right side of my brain and stay focused on this. I then move the fists in opposite ways up and down in various flow of moving choice. This forces endorphins to releases and then it reestablishes a good serotonin link. You can try this yourself but be aware if voices react to it then contact mental health services if it goes out of control. This may be a good idea but may cause issues for some people depending on their history and medications they are on. This also relives pain too and can help a tension headache too. Reapply where needed. **Be aware your mood be ok but if your excitement has gone down as chemistry generations won't always bring it back.** I have tested that this against the DID System and my Schizophrenia. You may need a break.
- If your psychosis/negative either from schizophrenia and/or DID System symptoms have a defense against you trying to help it and even speaks with **words of mistrust and the other chemistries have attempted to be generated that means there is a lack of oxytocin.** To increase oxytocin, you must **psychically interact with this section of the brain** and use your imagination with a shape pushing through the middle of your brain. You also your hand with against your face and pushing forwards in that area to release oxytocin. The mental state should massively improve and you can keep troubleshooting from there to get even better.

- **Focus in and use to hands to signal an area like gut through the spine and reel and feel the serotonin to the brain. You can focus out too to feel the chemistry moving with your hands. You can also focus in and focusing letting go of various areas then focusing in again and signaling the action with your hands. Reapply this situation again, and again where needed. This should enable you to access your chemistry a bit faster however it depends on your capacity and oxytocin to be able to do this.**

- **Just a reminder your beliefs affect your current output of emotions so always think about something you feel good and excited about. Excitement is covered in the subjects below.**
- Be aware if you have negative symptoms of schizophrenia the brain will defend itself against

this information. You must have chemistry access first. If you proceed below without chemistry access there may be mixed results as the brain is forcing to release resources it doesn't have. However, you can use chemistry generation to fix broken links too.

- You must understand the organs will be unable to be signaled without chemistry access. Chemistry access may be partially given too so read below if you are unable to resolve overall chemistry access.
- You may need to bring your serotonin down if you're stuck in a dream which takes too much control over your chemistry. This is because of negative symptoms of schizophrenia. This means you can force the serotonin down by signaling your finger/hand against your spin and signal it down. Then signal and pump the gut using your hands to bring the serotonin back up. This forces the astral state to negotiate and be more constructive to another activity (for example – playing a video game). Make sure you bring your serotonin straight back up otherwise you'll feel sad. This is ONLY for people who are stuck in astral consciousness and are unable to have fun doing other things. However, you may find if you have a DID System you should ask what you recommended if you have multiple alters that are awake.

- A Serotonin. Oxytocin and Dopamine link must be established at all times. The serotonin links the brain can be broken with negative symptoms of schizophrenia. You must follow this guide to reestablish a serotonin link to the brain from the gut. This will enable to do basic activities such as a Facebook surfing, playing video games and music etc.

- If you been diagnosed with negative symptoms of schizophrenia, you may have an autistic component to it. This means you may have to rock you head left to right to automatically pump and release dopamine. You may also have to rock back and forward for serotonin. If you get a headache it may cause by too much activity in the brain especially if you do too much of a higher capacity driven task at the given time. It could probably be easier to an easier activity.

- If you have astral entities around, see if trick your brain in to giving the chemistry by tricking the brain in to giving in on the situation. This is through various hand interactions from them with open and closed eyes with these beings. This is the fastest way to get chemistry instantly.
- You must study astral consciousness if you don't have any manifested astral entities. These entities can be seen the paraphile and closed vision if you have them. I know this is a fact because my sister does this too. These beings will action the flow or programming of this ability. If you do not have this option continue below.

- **Be aware tension headaches can cause all sorts of symptoms! This can make it harder to follow instructions and you may need to recover first. So, if you have tried chemistry generation you may need to mend the tension/pain headache with medication first however sometimes you may win using this guide too. You can only use chemistry generation once you have allowed the brains flow of minerals etc to going through allowing you to continue.**

- The format for negative symptoms works for me following ways

- Fighting negative symptoms of schizophrenia
- Euphoria – Make sure you realize this before continuing – Trick your brain
- Excitement – Flatten out first to convert to excitement
- Astral State Test – Confidence to interact
- Fun
- Happiness
- Break
- Repeat

- **You can fling serotonin from gut by getting your hands and curving a flat layer then pulling hands backwards and up. You also focus on your spine and this should the serotonin from gut to through your spin to your brain. Try fling other organs too as this may help even further. if you can even fling chemistry up your back too.**

- Learn to read the internal inner feeling pathways of your body. You can **actually feel the internal pathways** and gain control of them if you are in the correct state of consciousness otherwise continue below.

- **You may be able to imagine a squeeze against affected organ not producing chemistry to get good response.**

- **If the negative symptoms are stopping the brain from creating good programming this may mean your serotonin may have been used against you having fun. Get your hand focus the hand to stall serotonin and then continue troubleshooting.**

- **See pain and correction understanding and also under pain correction to see if you are in pain, you may not comprehend will reduce your ability to use the below procedures. You can use this information to help but critical understanding of this may be required.**

- **If you are having trouble reading then go for serotonin even further to see if it helps. Stem back to spine with fingers rolling around and around. A lack of serotonin can cause immature activity too so be aware.**

- **You must understand a schizophrenic brain may be condition specific and act like a computer. This means you need to tell to request an experiment. Once you have requested get your brain to tell you how to interact with your body/mind move accordingly to signals and coherently follow these instructions for the desired outcome. Even if your brain says we've done this before just explain with confidence let's do this again anyway.**

- **Once you have practiced this entire guide you must understand you may be able to train your body to do various activities to create a more interesting experience.**
- **You must have physical access to the body organs to start generations from this guide as seen in chemistry access.** Doing some forced laughter may also help make situation be euphoric too but for people with negative symptoms of schizophrenia it requires more work because the organs which procedure chemistry loose programming to work. This will prove the negative symptoms have blocked access and if you are schizophrenia and the negative symptoms have taken over too far.
- It is always better to have psychical access to the gut rather soaking up what's left in the brain as seen and proven.

- If nothing seems to be working you may have to meditate to resolve this or speak to your doctor about the medications you taking to find out more information on outcomes of the diagnosis and prescribed medication (medication is critical to keep in control of overall symptoms).

- Remember to establish an **automatic feed of chemistry** you will need to give the body some **motivation** which means **feeding the dopamine through**. An automatic feed of serotonin will not stay connected if there is a lack of active dopamine being released to the brain. **Understand this is important** and make it a priority too.

- If you find the state intolerable then keep trying and don't give up. For example, you the F tool in the chart, this can be used as a mental spanner against the affected areas of the body and mind through your imagination.

- Run the toolset in the organs below brain let the gut for example otherwise proceed below. end too much up because you only need enough to generate an automatic signal – Excitement is what you go for next.

- Continue below to manually generate essential chemistry if there are other problems.

- If you can then manually flatten out emotions if your brain is in such a state where **unable** to produce chemistry, take can help extend other activity situations but make sure you've given the brain a rest so see recovery procedure above.

- Dopamine is required for serotonin to function and you will deplete dopamine sending up too much other chemistry in theory so you must manually pump the organs on your left and right side above hip up and down with assuming signaling/assuming training in/or/shape imaging (such as a triangle) other way possible using your hands flat up and down either way. For some people you can also flip hands and move them serving too if that helps. Also note that focusing in and out of these areas can increase the chance of dopamine becoming active for release.

- If your body is responsive to mudra, you can also try to wireless hand signal picking against the organ to make it more active for release too. This can also involve pressing your fingers against your thumb. Notice the area changes as you use each finger. Different ones have differently chemistry functions. See Mudra understanding below for more info.

- Beware of bad programming sending you in the wrong direction by the brain. This can mean that negative symptoms of schizophrenia may provide you with misleading information on what to do.

- You need at least some dopamine and medications to stop conditions with psychosis and ask the doctor is the correct sections of the brain are taken care based off your past history. This simply means signaling the area up and down and using your imagination can help too.

- If you're taking nicotine and you have schizophrenia with negative symptoms understand this can also break the automatic feed of dopamine. This doesn't mean you have to give it up, that's you decision and your life choice. Also understand this can use up stored chemistry in the brain too.

- These can be combined with below. See below if problems persist. You can force the gut to feed the brain by feeling it round and round in a circular way for about 15 minutes. Then in about 2 hours it'll automatically feed the brain serotonin but for instant relief you can establish a temporally connection by hands facedown push hands up from hip to above the forehead a few times to regulate chemistry in to the brain.

- The effect this gut crushing attempt can do is convince the gut it needs to release more serotonin on a regular basis however the effects of doing this will go away over time so you will have to redo this if you have **negative symptoms of schizophrenia.**

- To generate chemistry from organs and send it up to the brain you must signal the areas of intention with the hands signal the area and signal you are training and assume the brain knows what it is doing. For example, if I close my eyes (this can make the automatic feed processes faster in some situations) and set my intention to train all organs to respond it basically understand in certain amount of time I want this to happen and then push hands up from hip to above the forehead a few times to regulate the chemistry in to the brain. This

can bring a good outcome so give it a go. I find this really helps with my headaches and negative symptoms of schizophrenia for mood or activities which you enjoy to do like video games (reading consumes chemistry fuel).

- - This guide won't stop you having a mental disability if you have one but really improve your day. Make sure you actually need this first before doing it. If you follow this procedure too far you might need supplements to restore and refuel your organs (for example, Vitamin D 10,000UI and/or 5-HTP). Supplements may convince the brain you want to feed it an outcome but for people with negative symptoms of schizophrenia you will need to action as much of this document as you can even if you take supplements.

- Keep repeating the hand signaling until the organs respond and function the way you assume it would work. I use my hands face downwards and push up and down while signaling to my mind I am training my internal system/organs to produce chemistry while assuming it knows how to do this and I am just signaling to make this regular behavior. Then I move my hands flats up a few times from the hip to above my head while focusing automatically or in and out.

- This works for me and puts me in a good mood. I find this even better than the placebo effects but they can help sometimes. Placebo effect generally only work for a limited amount of time because the negative symptoms generally patch any other attempted access from certain conditions. Be aware placebo effects can cause undesirable effects so make sure you are doing this responsibly.

- Once you have enough bandwidth to have fun then you must flatten out your bandwidth/emotions to secure the signaling. This should get alter system to respond and support you. Feel a bubbling out and thought grab it for frontal cortex. You can do this by focusing on the cortex and keeping the signaling there and waiting for a response in any way possible for example imagining it popping out like a lump in the brain area It should go through. Repeat all instructions. Don't give up. This can also encourage brain to regulate emotions even further.

- You must try as much of this procedure as possible to be relaxed or be excited. You also have to redirect chemistry to hobbies too. Do a reprogramming if you have an implant or are in astral consciousness.

- Focus as if you are sleeping to increase overall bandwidth alters and feel better which means test your density state. One of the fastest ways to test to see if you are in a high density to see if you can choose to be happy which appears uncommon with people for negative symptoms of schizophrenic but a dream like state in the condition can provide enough bandwidth to be happy to. See FuZzCasT - Dissociative Amnesia Dreamstate Guide further information if you want to feel happy otherwise continue to excitement once you and finished in this section. Just understand you need excitement too because then you'll be more interested also interacting with your reality.

- Need to be excited and euphoric as much as possible to relive pain. This helps the brain restore function. Action is required against brains which suffer pain to dopamine flow because mental pain can be a silent killer recking havoc in anyway which can be very hard to understand. You must understand if you have treatment resistant schizophrenia that pain killers may be required.

- Holograms/Spirit Guides can help regulate emotions and controlled motivation. This is for people who have been provided spirit guides/implants. For example, dopamine which can speed up the communication in the brain to allow take over but can cause psychosis. If you can manifest angels or visible entities in your reality, see if they'll provide assistance if you feel unsure what to do.

- Subconsciousness can get alter to respond then signal back to get alters to help. Advise what job type you desire through thought. You must instruct the sub conscious every day to get things done properly. This is because the brain is processing too much information. Install DID System software and anything that helps. You can even signal the area and tell the subconscious you are interested in that area if you are schizophrenic such as the gut.

- ALTERS CONTAIN THE MAIN PROGRAMMING STORED IN VARIOUS PERSONALTIIES. The brain has a basic understanding on how this all should work. They are unable to communicate with no serotonin.

- If there is a loss of software you must wait for serotonin to generate enough software before pushing it even further. Dream state experiments can help with other symptoms. See below for more information on astral entities which may provide help if available.

- If you are unable to generate activity in long enough time from all of this information you may have to get the body and brain communicating in any way possible to even get chemistry access. Stare in to dream state projections.

- Adjusting levels of manually or automatic dopamine commands can really make a difference. Causing communication in the body should be able to build up situations where it enables to take over the programming. Read below for more information.

- You can start doing this by **flapping and flipping hands** and signaling in any way possible. This will bring up the serotonin as well. This also helps with fixing broken links. **Never give in until you have enough bandwidth to have fun.** This can change if the alters have switched or have come out. Don't believe in any situation that tells you that is not true. This is not your problem. You can also force the astral unit to get vessel more responsive to activity. This sends data from the astral plane which enables excitement. This only for certain types of people with schizophrenia.

- Releasing endorphins can be a good pain killer by focusing it in and be patient for to reach your brain thought release process. This can be done automatically Just focus/feel it through and be patient for the chemistry to reach the brain. This thought releasing process is not able to be done for everyone and condition specific may give you edge over the situation but if you have taken a break, you must contact mental health services or medical professionals/doctors to get help.

- If you get fatigue and your neuroreceptors declined function then focus in to neuroreceptors and feel through accepting a no reward response to continue what you prefer. This may vary in results but for me it did drag in some chemistry too which helps.

- Sucking in on the inside of the inner tongue in any way you can force serotonin from the gut to the brain. Combine it with other methods too if you want. You could use the lounge to auto locate automatically against all organs at your own risk. This should force organs to work better. Auto focus on and off if you need to.

- If you are in astral consciousness, you may be able to signal to organs to start back up when inactive by signaling through imagination to automatically start up through movement or the organs focusing in and out. To force the organs to work harder each to maintain the programming. See astral consciousness procedure or Excitement section if nothing works. Broken links can cause all sorts of problems so you may need to go in to recovery. If the imagination doesn't show anything for example a picture of any kind just uses the blank area to

assume the function as it should still help send programming through.

- If you have an imagination that can introduce a shape by seeing if the over processing of information allows other shapes to show up automatically in the dark area this can force a chemistry response from the organs to restore or enhance chemistry.

- Imagine something slamming the left and right organs which will force dopamine to release. You can also combine this with your hands too. You do not need to push psychically push the organs unless you are trying a different method.

- **Try to focus in with your palms and fingers on your lap facing towards face sitting down and see if you can generate essential body fuels then revert back to rest of chemistry generation procedure (probably feels like magnets). This may work for some people; it works for me.**

- If you have light beings around you check to see if they are offering any assistance in the situation. If there are some available to help you can get them to interact with the organs. Try anything you can. If this doesn't work continue below and keep troubleshooting.

- You can and must understand serotonin and critical chemistry restores your state even if the hallucinations are said this is wrong in any way you can. Another to wake up the gut is to use your hand against the gut to convince to edge out and force a response. If nothing in chemistry generation works then put up a hieroglyph on your wall demonstrating you need a telekinesis implant. This will force the brain to create through processing too much information. Take down the paper straight away once it has manifested. Also understand you will not be able to prove this to anyone so do not bother. It only works for generating emergency chemistry. This convinces the body there is no other way and must respond this way. Report any pain and outstanding symptoms to mental health services and your guardians and support workers.

- If you still have broken links and have a DID System then see Critical Alter Understanding for a DID System assessment.

- If you have an imagination that introduces objects out with an influence of structure that concedes to the formula that will enable an auto concede and allow shape absolutely. This will force organs to evacuate and allow chemistry flow through thought feeling the spinning structure object in the brain. If the shapes stop doing then make a shape in the imagination and focus it pushing through and feeling this on the organ desired area. Refocus fluids in to the brain using thought and feeling this. Reapply where needed.

- Auto focus can work in multiple ways separate signal lengths which manually or automatically focus off and focus on in different ways on the organs to generating chemistry.

- If your dream state stops serotonin from working you can dream up a solution through the subconscious backend programming. For example, you can get your hand and repeat flip it upwards and imagine a square then throw it against the pathways the organs transfer in to (like the back). This should restore the serotonin link. Try this in any way you can.

- If you cannot access your imagination at the given time then you may be able to convert the data to ideas to do certain body movements for benefits of chemistry generation or release. Simply signal to think for ideas and running through the signaling until there is a result you can try. Some of these ideas will work better than other at the given time.

- You can open and close your eyes to force chemistry up and then open. Reapply as you needed.

- Thinking the feeling of an immature thoughts of a personality with DID System can focus some good programming for some quick good mood fix. Just behave at the same time. Do a refocus on your organs If you want to if that helps too.

- Is your mood ok but no excitement? Head over the excitement section
- If there is a neuroreceptor attack through an insult you can latch on to it to send chemistry up the gut
- To attempt to change the consciousness level you must emulate the feeling of sleeping even with the eyes open. This should help.
- You can imagine the gut or brain and other organs copying a situation of extreme release. This will force the chemistry to release automatically. This is for brains with mental disorders which process too much information.
- You can stare through your side eye vision and form of vision (internal eyes) you have to ramp up brain activity to signal the organ for chemistry. This may fix a ranger of problems you may have and make your day more interesting. Just report to mental health and support workers if there are any problems that go out of control.
- You can force the medication to work harder against the neuroreceptors by signaling for the medication against the mind in any way you can. Once the brain realizes it needs to utilize the medication instead of revolting it then it may help greatly with chemistry ~Team Bashar
- You can focus serotonin from gut in to the brain by focusing on the left and right shoulder and pushing the gut through inwards then push focus push it using mind to up the back. Playing with imagination such imagining a shoulder device pump may assist in focusing the serotonin further. This helps instruct the situation.
- If your body is use to taking hand signals to fight back against the situation you can also wave your hands around to increase the signal. This should make things easier. Test the hand and body reaction and continue as desired. Remember you need excitement too! See excitement section.
- If you are able to hand signal chemistry then put your hands in your lap and direct a flat hand with palms and fingers upside down. Then focus on the back and the chemistry should fly upwards based on which organ you are directing; **this is critical to fix broken links. See excitement section when you are done generating enough chemistry.**
- If you need to flatten out and cannot reach your cortex to flatten then assume a manifest situation by using a singular thought against the front upper part of the brain such as an object where it manifests an ability to tide over the brain to flatten out. This should stop depression if the brain has a lack of serotonin or gut is running out. This may work if your mind has schizophrenia and is in maintenance mode.

- Auto regulation can temporally happen if you lay your head on a flat seated surface and you rock/move your head left to right while also assuming the letting go of any tension and focusing the brain to flow its minerals etc. freely. This will work but you may need to reapply this for it to work again later on. This drags in a bit of serotonin and dopamine from organs too. This is probably the most recent fastest way for me.

The Organs can expand and seep back in forcing the return of function at the given time attempting. You can force through chemistry through the connection lines of the organs. Just focus and outwards and the chemistry should automatically flow through.

- Focus on the desired organ and assume a small fold in that auto reacts against any activity it can latch on too. This will force the organs to work harder and that make it release fluids and chemistry for example in to brain. This is critical move when nothing else works. You may notice previously this move was used against you. The reason for this is because the brain is traumatized and the DID System covers up to protect you from doing anything that could cause extra harm in society. This is wrong as it causes problems. You should be having a good belief zone and just acting on that instead.
- The brain might be reacting based off past history towards the organs. This method helps me so far.

For example, by playing with the organs in a positive and playful way regardless of the reaction towards and result to the organs. Showing this exciting playful way may restore some auto regulations.

- You might find that auto locating in to bubbling effects on affected blocked areas and the body and mind will allow some more fluids to run past. So if you find recovery a bit too hard your memory is causing problems then this may help.

- Eyes can focus in a magnetic field of energy to automatically assist with auto regulation.

- Focus a press down on the organs most of the time if you remember. This will force organs to respond. Be patient if you are recovering and wait for it to go through. The mind should automatically focus on the areas which need to be pressed down too. If it doesn't do this you can choose which organ you want to do this too.

- You can gain control of chemistry that non response in the brain. Auto locate placebo effects with an automatic aim by signaling feel of imagination reaction with a chime. Repeat this process or reapply as need be.

- See chemistry papers too if you have trouble reading. The images will help if you have a disability.

- You can repair broken links with hands twisting left to right really fast multiple times. This should force the organs to respond.

- You can signal the organs multiple times with an intent to release chemistry.

- Your brain can rekick in an anti-depressant by responding with endorphins by being deeply embarrassed. Endorphins help with overall happiness.

- If you have negative symptoms of schizophrenia and your brain is looking for somewhere to aim the extra activity in the mind you may be able to signal your organs to work faster even by signaling the intent and desire for the organs to work harder. Be careful because the organs may get in pain if you do this for too long. It is up to you and at your own risk.

- See the diagram picture the brain and outputs for chemistry. If you point this out to the brain that these areas are empty and that you are starving in these areas the brain by understand and attempt to contact the organs for those areas. This may have mixed results will not always be the best solution.

- If you have negative symptoms of schizophrenia and you need to free up brain resources you can focus on the back of the brain (where some of the emotional processing is done) then focus to flatten out emotions. If you want excitement or euphoria you can keep troubleshooting...it is up to you.

- Getting hands in a clawlike figure and run arms across front of belly back and forth and also consider switching which way the across each other. Try this in any way you can.

- If your brain is processing lots of information this may provide automatic data if requested by thought or signaling in any way possible through an idea format to direct the hands to move in direction of desired organ to provide chemistry. This can increase serotonin levels too which is essential for survival.

- You can send serotonin up instantly in an emergency situation by getting both hands and focusing while focusing and feeling the top and inner lines of the gut and also other repetitive areas in a reverse way by moving the hands round and round at the belly. This is a good move if you have negative symptoms of schizophrenia. You can also stimulate your brain too by getting your hands at focusing on the subconsciousness area by signaling it with your hands in a circular motion with fingers extended to signal this area. Just be aware this may be an addictive thing to do. Make sure you do not run out of serotonin. If this doesn’t work for you

then do not give up. Keep troubleshooting and report to mental health services providing an update if things are not working out.

- You can focus with your mouth through to certain feelings of want and desire. Feel and believe enthusiasm and reapply as you want. This will contact the organs for chemistry.

- If you are overweight you may be able to convince the organs to release chemistry by lifting the belly up.

- You can crush the gut using thought if your negative symptoms of schizophrenia. The areas can crush in different areas. You need to understand crushing effect needs to be segmented to various areas on the gut that are reachable at the given time. Reapply as you want.

- You can imagine a big hook going from the middle if the brain going with the end points going upwards. This will force dopamine, serotonin and oxytocin up faster

- You can auto focus off the areas of tension areas with organs and in any way you can and various other activities to wake up organs and some essential chemistry going

- You can gouge head forward with neck to thump the brain to cover up pain and force chemistry to automatically signal the organs. This can help with stimulation and mood too.

- You may be able to force serotonin and dopamine up through focusing on infinite pipeline ways on the mind. First sections that may route through are the left and right temple on the side. Next up is the dopamine which should access at the front of the mind. Practice and see where it goes. Try mixing this up in any way you can.

- Open a window and acknowledge signal the negative symptoms of schizophrenia to force some auto regulation – Reapply as needed. You can imagine the window inside the imagination and interact with it to acknowledge the symptom.

- You may be able to thought signal to organs to ramp up the activity specifically. This may have mixed results but you can aim to various automatically auto focused organs at the given time. Remember the authorization changes all the time. This means you have to continue troubleshooting at some point.

- Panic thought segment may give access to memory fast to generate enough theories and ideas faster to bring up state in to a good mood. Remember consider a priority if you have negative visions too. This forces a cover up too for other annoying symptoms.

- If there is screaming in the background you may be able to drag in chemistry from the organs and throughout the brain. This is the brain in pain from working too hard. You may need or want this chemistry; it is up to you. Sometimes the screaming is very quiet or hidden too.

- You can create multiple auto locate points for auto regulation off areas with tension. This means you can use your imagination to signal for further separate signals so the brain is react on more than 1 variation of auto locate signals throughput. You can various auto locating shapes on these areas if it makes it easier.

- Be aware the DID System may be studying in the background. You may be able to assign an auto regulation job to DID System. Reapply as needed.

- Re-signal affected areas for endorphins. The endorphins should release. Sometimes the brain needs a jump start if you have negative symptoms of schizophrenia.

- You can let through some auto regulation by changing the way you allow yourself to accept the offensive side of situation. This is hidden by the brain but allowing the offence through just perceive it as fine and allow it in any way you can. This can raise serotonin, dopamine, stimulation and potentially oxytocin. Feel this through the organs and allow them to process it all through.

- You can send up serotonin and increase gut activity by imagining a tornado going around and feeling this too. If the mind tries to stop just be patient and allow it to process.

- If there is a finger like situations causing a block against fighting the chemistry and other symptoms you can focus on the finger/affected area and redirect the activity to fight off the symptom. For example... a placebo effect against outstanding areas. This can affect all organs. You cannot gain control then just imagine a tool or anything you can to reach an agreement.

- You can use imagine the correct and a feeling of good emotional soaking off the affect areas but signaling also that area needs correction. This sort of ability comes from practicing. For example, if you provide enough information to the subconscious from the DID System you can auto correct the flow of the organs. Reapply as desired.

- If you have just woken up for the day and have negative symptoms of schizophrenia you may require an extra boost and drag of auto regulation, get your hands and act like a mage while focusing on the organs, send your intent for auto regulation in any way you can, this works for me and if it doesn't you need to teach the mind how to do this. If nothing seems to be working you need to understand there may be a different problem if you have been denied everything from chemistry generation. See other sections if problems persist.

- You can push in the lower back, section of the lower back of the skull and connection behind your gut using thought you force serotonin to cooperate. You may be able to thought push on the top middle left and right temple too, provided it has filled up with chemistry. Once you have gotten enough serotonin in the mind and have activate you should be able to push through dopamine by focusing on the organs on the left and right to the lower sides underneath the rib cage. Reapply and needed.

- Try feeling the empty chemistry areas in the brain and signal for a placebo effect to the organs in any way possible to force the organs to respond. There are endless ways to do this. Have fun.

- You can send serotonin through the left and right temples by feeling the clicking on the inner pathways inside the end of the middle through the left and right temple. Simply reapply and reapply and it will send your serotonin up like no tomorrow. Feel the thumbling of the temples too reel it in faster.

- If the body tries to cover up areas making them inaccessible, then focus on your imagination to organ signaling and imagine a sphere for psychical interaction underneath the covered-up activity to force the organs to respond. I'm finding this a very important mood to start up during the day. This may help with excitement to. If there is tension on the areas or a lack of activity... you may be able to auto locate the in- theory pipelines across all the organs. This is important because it should increase excitement too. Remember this is in anyway convincible. You can get chemistry running by auto locating hidden areas creating a sphere to directed area and program inside the sphere to auto locate affected areas that are hidden. This may help with auto regulation too. Try accessing the hidden areas in anyway possible including using different tactics in imagination if nothing works.

- If you reconsider your history to a different point in time it may make the brain reconsider the auto regulation process giving authorization further for chemistry to resolve itself. This can also help with stimulation too.

- You can twist your hands backwards to let some serotonin through. This may come and go.

- You can force auto regulation manually by imaging a thumbling effect all body the body and organs through imaging (in any way you can) and feeling it through. For example, you can imagine vibrating circles around the body with the feeling of everything thumbling and throbbing in the body. This will force the serotonin to start too.

- Spillage or organs to spill dopamine and serotonin. Spill dopamine from organs to both sides of underneath the rib cage. Spill serotonin from the front lower connection pipe of the gut. Simply feel with intent to spill the chemistry in these areas. If they do not respond then imagine 2 shapes with 2

different signal and a few hidden separate signals (with shapes).

- Chemistry can auto regulation through assuming with even feeling and throughput thought of being nervous can forward to an algorithm automatically to force some auto regulation regulation of chemistry. You may find serotonin is generally the first one it starts with due to negative symptoms of schizophrenia.

- You can force the release of chemistry through small bend lining and through bulging out through organs that produce chemistry. This can massively speed up the process including auto regulation and release too.

- Move the gut inward and move it to the left using thought and feeling this thought. This will force serotonin to release potentially generate too.

- Try gouging the organs forward too boot up reaction for chemistry. Sliver gouge too. Those are three signals of curved lines can send up chemistry. This can force auto regulation to function too. Use this in your imagination and imagine the curved lines heading up from your gut. You can also get your hands and move upwards with imaging the curved lines from there.

- Remember what a WIFI signal or that image of an Egyptian with 3 lined curved signals looks like? Those are three signals of curved lines can send up chemistry. This can force auto regulation to function too. Use this in your imagination and imagine the curved lines heading up from your gut. You can also get your hands and move upwards with imaging the curved lines from there.

- Serotonin can be temporally resolved sometimes by taking deep breaths.

- You can generate/release chemistry by pressing your thumb to finger and auto focus off the pressure of touch. This is a quick and easy move. You may be able to focus on the fingers and auto focus off the feeling off them too. Works for me. You can even auto focus off any feeling activity on your fingers too.

- Try hiding some of activity if you can in any way possible. This is if the mind is having problems sending the programming through for chemistry generating situation.

- You can get chemistry and some auto regulation but understanding if the mind is processing too much information, then understand certain areas may be of influence the activity. For example, if your mind is building a layer of information then you can use thought and feel a swamp action by letting that through.

- Organs can generate or release chemistry if you are able to focus at the time if you can and signal them to function regardless of pain. This way you can get back to having fun.

- If you feel fingers on and around your body just let it drag and slide its way through to force auto regulation.

- You can focus triangle through the sides of the palms to release dopamine which causes relaxation.

- A habit of a daily focus with placebo effects for auto regulation (with a refocus if you need to) and anything imaginable that can help from the guide should make things a lot easier. You can try using this a basic focusing methods for anything that you do.

- You can tell the subconsciousness (if it can interact with you) to speed up its processing for auto regulation.

- Feeling the gut smiling may instantly send up serotonin, smiling the left and right organs release dopamine

- Put both hands over or on and in front of you and it will wake up organs and send chemistry/fluids to your brain (varying results based on medications)

- Sometimes taking on every belief of every little of the situation or delusion if happiness is offered will cause a positive relief.

- Get in your imagination to respond to internal behavior with an auto communicator in any way you can.

This could be because your subconscious is speeding through too much information stopping serotonin from working., then you will tell it to communicate to the gut to drag in serotonin and other organs and respond with organ generation in any way that helps. Play around with it and see where it takes you. See external reality coherency, auto respond. If this doesn't work you may consider more chemistry generation or recovery to resolve negative symptoms of schizophrenia. See coping psychosis and external reality coherency if you have any further problems.

You can get an instant serotonin lift by threatening your soul to leave the mind. This should force serotonin up instantly.

CHEMISTRY INTERACTIONS – ALWAYS SUBJECT TO CHANGE

Once the chemistry is functioning it will should be more interactable. You can use various hand jesters to signal organs among other phenomena. You can use your hands against the biggest flow in your mind to follow any flow of brain fuel. Try flapping or move hands around to bring up state. You can use this flowing, focusing and imagining on your body in any way possible and signal in any way possible. Notice the hands signal every area possible in astral consciousness, be aware of this and action safely and don't give up. This can bring your overall state up but keep troubleshooting if you need to.

- Using a shape in the imagination which repeats and signaling intention may help too.
- For example: Move your hands while focusing on body then move them to desired area signaling the intent or assuming it should work.
- Example: Mudra finger follows through in imagination to create all sorts of chemistry interactions/actions

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Conversation and for people with DID Systems functions and Treatment Resistant Schizophrenia interactions:

The brain can deliver good data on what it needs so just ask it what's wrong. You don't have to always follow it and make sure it is positive advices.

Dissociating can be become a thing people do to cope with symptoms but be aware this can cause other symptoms to play up if it you haven't take you medication and you must contact medicals professionals/doctors if the condition if you need help or information.

- Ask DID System entities in any way to help and come out (stop symptoms)
- Understand the DID System should not talk internally if you have treatment resistant schizophrenia REGARDLESS OF WHAT IS SAID INTERNALY. Also, everything flows within capacity. See psychosis section for troubleshooting if it goes causes a problem with having fun.
- You can say it is ok to talk. That is all you say and then your subconsciousness may start to entertain. Be aware if something doesn't sound right. See External Coherency section if you do not understand if something happens.
- Seek recovery if they refuse to interact
- Try saying is anyone there?
- Manifest alters in any way possible if you do have a DID System. Any unregular/negative activity can cause problems to stop you from enjoying yourself.

Nicotine Understanding and Controlling it

- Nicotine provides a false realization that you are unsatisfied. This is all a delusion and not

true. Nicotine causes a reprogramming too which causes a reinsert of the false realization too. What you need to understand if you want to get more control of your nicotine and potentially giving it up then you need to comprehend what actually satisfies you. Use the guide to see if this can help. This may be very hard if you schizophrenic.

MEMORY SORTING AND ASSOCIATION FOR PEOPLE MANUALLY RESPONSIVE BRAIN FOR PROGRAMMING MIND AND SITUATION OUTCOME WITH SYSTEMATIC OUTCOME (e.g., DID System)

This is only for people with imagination toolset/DID system functions or schizophrenics where information overloads a lot giving administrative options to brain activity

- Adjust memory output by focusing it and feel through automatically, emotions to given activity (thinking this feeling and feel it through to automatically adjust to activity which gives capacity to do it) – Helps with enjoyment and capacity to do the activity. Basically, for brains which processes too much information (directing the outlay)
- Disable realization if there is an attack on realizing things you do not have interest in at the time. You can do this by focus on the right inner temple and signal the area with instant to disable realization in anyway you can
- Apply alters to affected bad memory areas to fix psychological issues. Use placebo effect with memory against a bad psychological situation with psychosis.
- You can use light language repeating shape to show intent to block segments of memory attacks automatically and to use the same method against repeating the action to stop – You should only do this if you need to or are at home doing non important activities. Use this at your own risk. This is for brains which process too much information. You can use the same type of method for blocking other situations too like imagination attacks. If you can teach your brain to control the memory of signaled areas. Use this in any way you can. For example, if you used a shape and signal the intent of memory correction or changing the perception to fix your feelings the event you may be able to do this. If this doesn't work you may have to keep reading or contact mental health services.
- If you need to exit thoughts from your mind the imagine something ripping the thoughts of your mind in any way you can. Signal to take in any dissociative signaling for your mind too in any way possible. Rip thoughts out of alter behaviors to stop integration.
- Be aware split thoughts processing causing attacks too. Simply focus off the areas of split thought so you can relax again for example, do a refocusing and feel and think it through in any way you can.
- If you are using a flashing shape to attempt a memory fix and the DID System is already flashing a symbol you can flash a symbol behind it to force the memory fix to still occur in some way
- If you do not like people and your brain is maintenance mode you may be able to use your imagination to show reprogramming to enjoy people's company. This is essential for survival in people with bad days that gives off incoherent psychology. You can try this in different ways too.
- Memory attacks can include creating psychosis issues and baring your understanding of reasoning and how you deal with the psychosis and whatever issues come with it. Assume amnesia stole the understanding and everything is fine. Once you realize this the VERY END of the brain the problem is being tested in comes from braining processing too much information. This is proof you have lost your mind. After understanding this then let go of the idea of the problem.
- If the voices are attacking verbally and you have amnesia just force through the thoughts you need to express through signalling and imaging a line. This should relive you a bit of also do some auto regulation. If the voices continue and you have a DID

System then see DID Understanding and Critical alter section as you may need to cover up intrusive thoughts.

- **If you have treatment resistant schizophrenia and wonder why your memory does not provide enough information making things in inaccessible then just use your imagination to speed up the brain by flashing a triangle for example. My brain registered the response and memory for gaming and excitement returned.**
- **The brain creates all sorts of phenomena throughout your life so just be aware of automated processes which may be influencing your behavior so you can assume control psychologically and hopefully gain control to recover and continue the fun too. The overall beliefs may not be understood. If you have an implant then update the belief zone if you have problems with accessing your memory. The DID System may make priorities. Regardless of a belief zone change doesn't mean it will stick at all times as the personality switches and memory mixes around. You want to be a forward thinker.**
- **To do a DID System override if there is the other coconsciousness is causing too much of an issue simply feel the way through in to your main consciousness area and feel a grip on that area to take control and to give control back once you are in a better state or want more alter interactions then let other consciousness area take over. This can improve vision too temporally (I did not need glasses after I tried this proving the eyes are not damaged). This temporarily restored perfect vision for me. I do wear glasses just for your information and need them for the DID System so I can see properly too.)**
- **Say out loud forget. This stops a reprogramming from memory think and feel negativity even if the chemistry is functioning.**
- **To start up when waking up for the day you must speak to subconscious and wait for response then create a bot for desired activity such as playing a video game (various mental disorder processes too much information and needs to allocate a task through this direct response to certain types of mental systems from schizophrenia other conditions)**
- **If you mind gives access to maintenance mode then suppressing and wipe and reprogramming BAD history is important for survival as the brain may attack with certain types of memory. alters and psychosis attacks Wipe their memory if you can. Reprogramming comes from consciousness and can help restore brain motor functions and breaks can help restore good programming. This also unpatched certain activity to help me and removal of a bad programming which can be fixed by taking breaks and fixing chemistry related problems. If you have DID System and you are in a dream state with schizophrenia your brain may offer an overactive imagination and with this you can reprogram all the evil behavior of the alters if they cause too many problems. For example, wipe anything you that makes you feel bad and undesirable just focus on your subconsciousness and signal to wipe the memory. This is your decision at your own risk. So far everything does come back at some point anyway. This should assist with excitement and auto regulation too for a certain amount of time. Reapply if you remember. If you cannot in anyway do this then you need to enter astral consciousness. See the pdf document to force your mind in to maintenance mode. You can at your own risk wipe undesirable emotions too. I am sure you all know what emotions make you feel back but also consider headaches too. Any feeling of a headache can be wiped too. Reapply where need be. This can make your day more fun but affect personality and want and desire. I have content this and it makes me more content.**
- **If the brain is lacking blood flow that will affect memory too so be aware of this. Simply pump the brain until state restores.**
- **Sometimes programming is offered through the astral plane network or a local influence based off permission basis. Choosing to give permission for the programming may great provide assistance to help symptoms.**

- Reprogram hobbies back in so you prioritize your passions such as gaming for me using your imagination and visualization this. If you are in an astral consciousness state for further then other schizophrenics and have a DID System then consider focusing on the middle of your mind and feel a grapple on it, then you should be able to a force a more fun activity through – You still should take a break at some stage because the body may retaliate and cause symptoms if you do not. Dissociating memory can resolve it instantly really
- Run the words perceive as friendly in imagination
- Putting in gaps in memory can help to attain correct information and relax further if you've lost your mind too far.
- Use imagination with anything imaginable with a shape to send through programming
- Look in to your imagination if you have schizophrenia and see if the mind is reprogramming to force certain types of behavior and attempt to take over the programming in any way possible
- Accept no reward to place brain under mind control to continue activity (the brain is not offering memory due to pain)
- Serotonin generation can restore memory if you have amnesia for some people (it works for me)
- You may have an outstanding simulation which needs to run – Run simulation and generate a team
- Dream state may require reflow of chemistry and blood flow by experiments - Be patient
- Take in programming from consciousness – Get alters to come out and keep trying to get them to come out – The brain is unable to produce dopamine and serotonin properly until they come out
- Contact DID System AI assistance program from implant if you have one or have the right astral programming
- If memory is too bad you need to meditate now
- If you have anger which if it is or not covered up by the DID System absolutely then under you may have to clear background thought processes. Try what works for you for example being grateful but if it is bipolar anger, you may need medication for it. Hidden forms of anger can stop you from having fun and affect good memory flow. This might be why you are experiencing irregular activity in the imagination such as a violence. You may be able to pass on the anger to an altar. Check to see if anyone is there and signal the anger through to them.

Suppressing memory can help with dissociation and recover interesting information memory about the past and even uncover interesting memories.

Excitement:

Try combining methods!

Make sure you did not miss anything in this section. Be aware the main understanding may be gone too with various mental health disorders. If you have a DID System then be aware the activity may not always be agreed upon. Be aware that you may need to spend some time recovering. If you have spent some time recovering and there is no excitement then you can check this awesome guide. If you have been drinking then excitement took 14 hours to return for me, I found it came from a different area above the area it generally comes. According to a documentary on YouTube it appears the

brain grows neuroreceptors in areas which are not like a normal brain. This may mean you can get excitement from those areas too. If it has been more than a day recovering or desired time and the Zeta Reticuli in the room consider using their help. Try to focus on a different area especially if the excitement is taking longer to return with the intent of excitement in that area. Excitement is based off capacity so if you do not have excitement when performing an activity you are suppose to be recovering or the activity wont be fun.

A fast way to recover and get back in to excitement is to stare with the TV and music off and just send your mind in to an IDLE stare. This will make the brain initiate excitement given enough time. If you are sick of waiting you can try the below options or if you prefer to continue the below options will help too. It is up to you and your desire at the time.

- Follow your passion to see if excitement will happen. Tell your brain it is exciting even if your mind argues it is not exciting. Have enthusiasm towards advertising excitement to the mind!
- *See if the DID System will attempt to cover up an inability to have excitement. Feel at the targeted excitement areas and focus on the personalities that are awake and feel and signal using mind to those areas. Excitement should start.*
- ***You need to test your excitement capacity by showing or imaging any available desirable activity, if your excitement still wont start and you have recovered for example if it is a DID System you may need to jumpstart your excitement due to symptoms being covered up by the DID System. If you spend even more time recovering then your chances are for excitement even further for the most desirable activity.***
- *If you have negative symptoms of schizophrenia and are in a low state of consciousness to access excitement you may have to act out sound through your mouth in terms of an algorithm to force the vibration up for excitement. This affects overall state, increase capacity too for excitement. For example, making high pitch noises or prolonged effect of a sound or expression in to going to a higher pitch. This really helps for me.*
- *You may need interaction with people for excitement to start. If you have a disorder with dissociation you need to understand the brain wants to communicate with you before you can have fun. This can happen to schizophrenics as well. The brain may prepared pneumonias before you can access your excitement. Simply allow to interact and it should start your excitement.*
-
- *Although excitement be capacity based if you are too intolerant to waiting for brain to push it naturally then your brain will sometimes enable you to start excitement sooner using excitement faster through for example, chemistry generation. Just be aware you may still need to recover or use other methods seen in this guide. If it works then great but see what works best for you.*
- *Your ability to be interested in recovering for excitement further may make it more interesting and relaxing too. The perception of just sit back and relax with believing this too assist and just let your consciousness flow around the situation. This may aid excitement to return faster too as it aids chemistry release too.*
- *If you show the brain something exciting then look away or close your eyes this can jump start the excitement*
- Use good psychology such as "Don't be a fool! Things are fun!" - This may jump start your excitement
- Signaling the left and right middle brain surface endpoint multiple times for excitement may work too. This will help refuel excitement too as it will contact the organs for chemistry and fluids. I find this fun too
- If you have a DID System and you are on headache medication you may be able to force pain to excitement directive response by feeling using your mind against the pain..
- Various content showing to the brain may enable excitement as for example constant scrolling through Facebook. If the content is video games and spiritual space themes or anything of interest constantly scroll pass this information may excite the mind. This works for me.
- *A new fast way to start excitement to say internally and externally the activity that may be interesting in any way you can. Also acknowledge the brain as a mammal and the mind should pay attention. See how the brain reacts to it and it should start excitement based on capacity at the given time. This is very important if you need to jumpstart your excitement. This should help with pain too.*
- ***If you have negative symptoms of schizophrenia and want excitement you may be able to signal for some auto regulation by telling the organs through want and desire to work***

harder…simply feel work way of the functioning. Once you have done this you can flatten out through the cortex of the mind and this will free up the workload for the brain to release excitement. This reprioritizes the brain to put this first. This may have mixed results but see how you go as it works for me.

- Troll your mind and body in to excitement using imagination and using any exciting technique you have!
- ***Perceive everything as exciting***
- Choosing and waiting for excitement to process may work for certain people but this ability can happen through the Dissociative Amnesia Dreamstate Guide.
- ***Being*** happy is not always processed with excitement too so be aware of this, if you have only had the excitement activate in one brain area understand excitement needs to be used on both brain temples or aiming at the opposite side that was not in use too. If you get a headache from too much excitement then see Pain and Correction. You still need excitement to have fun and always understand this important because happiness is not truly fun without excitement! Excitement draws the very foundation to have fun.
- You may be able to get the DID System to challenge the situation by advertising the fact that it sucks at getting excitement. This is a symptom of the DID System causing reaction of fusion against the lack of excitement. This can work but understand if nothing seems to be working you need to spend more time recovering or troubleshooting. Contact mental health services if nothing works or you need advice.
- **You may be able to use light language for excitement if you have an overactive imagination from conditions such as schizophrenia. This means you can use a shape to start pre-existing knowledge for excitement. This can include imagination pneumonias which can help the brain refuel and start up excitement when ready. Use anything and also once again believe it is exciting too. This should make things more interesting.**

- **Memory affects excitement – If your excitement will not recover then see memory section. This can force start your excitement to run against the bad programming stopping it from running. Social interactions are important for excitement too.**

- **Perceive absolutely everything and everyone exciting. Then choose a preferred activity or one you have the capacity to do.**

- You may be able to bring out temporally an alter temporarily even if they do not want to stay switched in to that personality and get them to a verbal sound against your excitement area. This will force the excitement for further.

- Do not have so many options of things out in front you for activities as this will conflict with alters to provide excitement. This means you cannot have for example, web browsers, documents and other things which draws alter interest stopping excitement. This is for DID Systems. This may be available to force the mind to think at certain times. Just check to see if it an option.

- If the brain is in **maintenance** mode (dream state) when awake you may be able to put through false realization against having no excitement to make your brain think excitement is there. This is a software throughput of the outcome. Both real excitement and this is interesting.

- If you are listening to music and do not feel excited even though you may generally like what you are hearing then you can prioritize to send more of your ability to focus on the music. I like Trance and find this exciting too for example. A lack of focus on what you are doing can stop or reduce the excitement.

- Chemistry generation until brain is full enough of chemistry to release excitement. This means you may have to stop your activity by stopping the music and stopping any other activity and read this guide to generate or stare and wait until this happens.

- If you need to flatten out and need excitement faster (assuming you can do this) then try, imaging and focusing 2 two objects through the frontal cortex with a continuing line and focus and imagine further to feel the flatness come through and continue excitement troubleshooting

- The most unexpected surprise you do to yourself in anyway can innate excitement

- **Close eyes and take programming in quickly open eyes – Repeat the open and closing of the eyes while taking in the programming to kick start excitement (if you are in astral consciousness too) – Not sure if this works for regular people but it works for me.**

- If your mood is fine but without excitement you need to visualize or put your activity example in front of you. You need to understand if you do not feel excited about what interests you then it must be corrected through troubleshooting.

- Taking breaks can restore excitement including breaks with cause auto regulation (this means fluids/chemistry etc flow automatically) without forcing the excitement to happen…you can force it too sometimes but this is your decision. If the brain registers you are not influencing its ability to force excitement, then that can restore auto regulation. This is your decision depending on the situation at hand.

- You can aid excitement to return by flopping your belly and acting excited through verbal response.

- Say externally or internally "Very Interesting!" or something based off the situation being interesting
- Conversation with people that make you feel excited is what you need to. The more interesting the conversation is able what you enjoy and interesting histories too can greatly assist excitement happen. - Alter interaction get be obtained by taking a break for people with DID Systems.

- Brain pain signals can be used to turn in to excitement through signaling the area against where your brain releases excitement. This forces overall chemistry to rise too which fights pain.

- Acting excited internally and externally can help restore excitement but also consider taking breaks too to recover to further excitement later on. This can help if you unable to access your imagination

- You can use write down sicario's that are exciting and play them out if your brain.

- Understand excitement is just as important as your other emotions because if you don't have enough excitement the activity is less fun

- With negative symptoms of schizophrenia, you probably need to wait until your brain gives you the capacity to start entertaining yourself – This is because the consciousness is extremely busy – You can still do chemistry generation while you wait – All of this guide helped me though

- Another example for people with negative symptoms of schizophrenia would be to have the videos games out in front of you and practice this guide and wait till your brain starts processing excitement – This can take some time if you've just woken up but it would be really good if it does work out for you
- Excitement should always be a given option and you won't have much fun if you don't have excitement. You can restore excitement from limiting activities or taking breaks.
- If you have excitement, you may be able to add euphoria too depending on available resources depend on how many days you went for it for as you might need to recover and this can cause symptoms to play up with if you have been misbehaving too far. Make sure you're correct on supplements and you have checked with your medical professional before taking too many supplements which can put you in a seriously bad situation.
- You can explain to yourself out loud or internally what makes what you are doing exciting. Good psychology and information networks can aid the assistance in being excited
- Doing some rocking may push through some essential brain fluids and can aid excitement to return
- Negativity that needs to be let out must be done in a safe environment but you must comprehend your actions by speaking to people like doctors/medical professionals. Try to be aware of good chemistry levels if you end up like this at the time.
- You can stare in to parallel realities of your room to extract subconsciousness data from being in the 6th dimension of parallel universes. What this does is copy successful examples of programming for excitement. A form of acting which encourages brain to allow main programming through. This can happen with alters change the state of consciousness levels

which 6th dimensional programming has to run. In clinical terms what this means unacted delusions that require acting (in private) before the brain releases excitement. See your doctor for more information. Basically, also what this means is the brain prepared a story.

- **If you have a DID System alters variations may impact excitement however you may able to encourage a quick switch then get them to say something as then go back in after giving some excitement. You may have to negotiate with alters that awake and see what excites them the most.**
- **If you have too many alters with disabilities awake, this may make excitement and happiness not possible. See astral consciousness guide and if they try to bar you via a tension headache then troubleshoot and do not give up. If you manage to achieve astral consciousness attempt a reprogramming using your imagination to resolve bad programming. Astral consciousness should segment the overall activity so you can go back to having fun.**
- **Reprogram hobbies back in (REGAIN EXCITEMENT PHENOMENA) – Critical if you are in astral consciousness or dream state schizophrenic and also have a DID System. Try to use your imagination to create an ability to take the main excitement pattern from the subconsciousness. Get alter to sacrifice themselves (each alter has a quota limit),**
- **If you have a implant projection belief resolve keyboard you can attempt to allow it to program a good belief system.**
- **Anger can cause a lack of excitement. If you have a DID System you might not know if you are angry because the alter system has covered it up. Clear your memory. See memory section for further troubleshooting to restore excitement if memory is causing this to happen. Otherwise continue troubleshooting.**
- **Be aware if your imagination displays something at you that you do not want to see then comprehend that your excitement should really make a difference in what's happening. Troubleshoot using the guide and have fun.**

Coping Techniques and Understanding of/for Psychosis and Tactile Hallucinations:

You need to understand sometimes there may be a program playing out too. This type of psychosis is forced to happen in treatment resistant schizophrenia. For example, a low state may create a war situation so just start a war. See War Video Game Understanding for more information.

Brain scanning for problems? Consider the psychosis assets it is using and consider it a parallel universe

- You may **greatly** benefit by understanding if mental health services say you do not have a certain condition such as dissociative identity disorder it means they do not want you know and may even advise they do not know what a DID System is. Just because it may be on paper does NOT mean they want you to live your life that way. This is because your schizophrenia has already taken FULL control so there is no point in telling you. You should then perceive any communication from these conditions as psychosis otherwise it may affect your medication's ability to work. This includes internal communications too. If you do experience aliens in your room, they should interact only through correct formula such as interactive stories. Write this and put it on the wall too if you do not get confused about this easier. This is a note for treatment resistant schizophrenia. Contact mental health services if you are not sure. See pain correction if pain symptoms cause an issue. It may take a few hours for things to restore if you thought you could comprehend such a thing. Then the medication may work should work better.
- **Let go of the idea of intrusive thoughts in any way you can**
- **Imagine the voices are kids or babies crying and winging**
- **Want to know how much your brain loves you? Even in this psychosis state of a low you need to understand the brain loves you so much it will do anything to entertain you even in its lowest state.**
- **If you have a treatment resistant psychosis then understand you ARE that sick to hear such**

sickening statements against you.

- Affected psychosis areas you can feel an auto locate signal to stall the internal psychosis in that area
- Having both hands out in front of your face for a bit can turn the voices good for an amount of time
-
- Just being yourself is important for security in having too much psychosis going out of control. If you take on a belief that you live in a simulation and nothing can harm or make you believe anything stopping the fun. Just understand the law applies if you misbehave. Also understand the end of the branches of the brain may be tested before allow this through emotionally.
- Move the gut inward and move it to the left using thought and feeling this throught. This will force serotonin to release potentially generate too.

    - Always remember if your memory is fine but the psychosis is going out of control you must level out the amount of dopamine you have but make sure your meds have been taken because areas need to be kept under control. See chemistry generation for information on how to control dopamine levels. Contact mental health services if you are unable to resolve the issue. Be aware your medication may be blocking areas of dopamine which it shouldn't be block. It can also release dopamine to cause trouble too. So, report if you need to. Meditation can help balance out dopamine levels too and help kick in medication better too.

- If you have tried a lot of methods and it is still not going away you may need to override until mental health services can provide some support. See DMT from Lungs with Mental Disorder Understanding section at your own risk. Basically, in a nutshell one symptom can overlap another.
- For internal voices you can block them through imagination auto locating a sphere inside to the affected areas. The voices will be stop as long as it is there. For me it is located on the lower left of the brain.
    - Internal psychosis can block in the imagination. If the brain tries to guard this area to stop from accessing it you can simply imagine a repeating shape with signaling and a throughput the area to reach the area where the imagination to form a block against it (and signal that too). You can block multiple areas if the internal psychosis speaks from other areas of the brain too. You can try this for other problems too in any way imaginable. If you do this you are doing this at your own risk. When the voices speak internally you can focus on the area they are talking in and feel through a blockage on the affected areas to stop them talking.
- If the voices complain about your history simply choose NOT to believe it and they should back off a bit
- If your mental health workers are around, you during the day and you have a psychosis. They may not understand that if you have a paranoid psychosis that the psychosis will react off this sort of pneumonia. If you have already told them and they forget you might find yourself stuck in the situation of been unable to re-explain this issue. If you have a DID System, just ask the DID System who wants this symptom. A DID System member will cover up. Then you can get back to having fun. Be aware if this does not happen you will need a break.
- You should understand any internal communication of psychosis should be perceived as a **troll**, never believe it is parallel universes because of your diagnosis. This is your decision, have fun! Just have a good belief zone. This includes external psychosis. **Remember trolls cause delusions.**
- Before troubleshooting internal voices, you must be aware if you have a DID System and the voices will not stop internally this may DID System alters simply stirring you up until you assign them a job. This means they can cover up, pain, tension, externally psychosis as an example. See if you can assign them to cover up the symptom. Then they will calm down.
- Internal psychosis can block in the imagination. If the brain tries to guard this area to stop from accessing it you can simply imagine a repeating shape with signaling and a throughput the area to reach the area where the imagination to form a block against it (and signal that too). You can block multiple areas if the internal psychosis speaks from other areas of the brain too. You can try this for other problems too in any way imaginable. If you do this you are doing this at your own risk. Imagine remember to perform maintenance on internal psychosis and angry alters reapplying this method with a short but repetitive sound.
- When the internal psychosis speaks...focus with an intent of a signal to block it from speaking. This is

should force it away when the brain is processing lots of information. If it gets hard then speak out loud the same way. If it persists then keep troubleshooting or go in to recovery.

- Get alters to cover up psychosis and other related situations and get alters to come out if you have a DID System have taken medication. You can do this by feeling with little thought throughput in to the area the psychosis is talking in. This will cover up the voices temporally and can even help cover up for days. You may need to reapply this as it only works for a set amount of time. Reapply as continue to talk or as needed. If you don't have a DID System or have other problems continue below.
- To see if you let of go abusive instructive thoughts and hallucination to be able to be more coherency by letting the idea of the voices assault. This is a great psychology trick too.
- Make sure you have taken your medication. Use arm implant to turn on and off psychosis internally and externally if you have one. Get the implant to scan and activate it in any way possible. Give it charge using your hands (suck in energy on the hands). Get the implant to scan if you can your brain. Hold down the implant to see if you can get response from it to place yourself under mind control. Install essential dissociation software.
- Let go of the idea of something bothering you ~Bashar
- If you cannot stop the psychosis, you must generate and release serotonin otherwise voices turn bad because brain is in bad mood in not enough serotonin (supplements can help with this but check with your doctor first) – Serotonin affects the way a psychosis transmits but it is more important to get of it completely ~Bashar
- For any external voices see if you can respond it via telepathy to see if it is psychosis or alter activity.
- If you are on medication, you can block psychosis target areas by focusing and signaling on the area in any way possible. This should be forcing the medication to kick in stronger.
- If you are in a dream state and not having a good time then see if it is simulation take can change through your imagination
- You may be able to use alters or voices to speak to each other and for you if you are not interested in the conversation. Never assume you do not need to do this and have a good belief about it. This includes visual hallucinations too. Do not get lost in the conversation regardless of how far it tries to
  target your interests…. If you would honestly prefer control then continue troubleshooting making sure your psychiatrist and case worker is up to date on information.
- If you hear any crowds then see **external reality coherency.** It is all based off various pneumonias which are simulated.
  - Understand the difference between hearing voices and having a dream state too. Understand this causes delusions and be aware your brain might be sleeping further inducing voices. Take control if you need too.
- Just a reminder – Any words AT ALL or any phenomena you hear that makes you feel bad is a lack of serotonin. Watch reality change to positivity if you get the serotonin up. Report it to mental health services if it goes out of control or you do not know what do.
- Your imagination should be able to create a temporally filter internally for internal voices. You can build a filter by signaling in imagination for programming to enable this in any way you can imagine.

- A new technique I use to reprogram the psychosis in to a more interesting subject. For explain if I use a triangle in my mind and signal to it with the intent of using the signal to reprogram the psychosis in to talking about video games (like Sonic).

- Contact mental health services and report your current output of psychosis too so they can understand if it is going out of control. Make sure you get them to explain why you should be taking your medications so you understand the importance of taking medication

- I tried telling the psychosis wrong timeline and it completely changed their way of communicating. Reapply where needed. This is because the psychosis explains an argument from a different point in time]

- Oxytocin for trust, Serotonin to lift mood for psychosis, more dopamine if unmotivated causing psychosis to start – You may be even able to ask the psychosis what it needs if you have this understanding

- Psychosis may put a feeling effect of the drained area if you have negative symptoms of schizophrenia

- You can muff out external and internal voices by focusing the same word multiple times This can force the psychosis to mask what it is saying – Reapply as needed

- You can the turn voices friendly if you push though enough serotonin but you should go to hospital if you are at risk to yourself or other people

When do you focus in on the psychosis it can uncover activity which we were previously encrypted information (probably for those with the correct mental programming or implant). This is really good if you need some coverage on what's happening in the awareness but you are better off using the implant to *stop it altogether if you have one!*

- You need to understand the difference between schizophrenia and a DID System. This is because a DID System will force you to do things you may not agree with it. Report it to mental health services if you need advice or have problems. This may be a simple harmless activity but if it gets out of control or doesn't sound right report to mental health services. If you prefer to not do the activity you must act naturally and not care. If you perceive the activity as immature then respond that way so the rest of the DID System takes over the chore with even just using a sound. You may have both a psychosis and DID. The difference needs to be understood because alters may have mental symptoms too.
- You can block internal voices in the imagination by speaking internally and letting the blood flow the area the imagination is doing and holding pressure on that point. Imagine a shape help the flow to that area and hold it – If you have a DID System an alter may help hold it. If you don't see Astral Consciousness and Dream Recipe to attempt to create a temporary DID System to stop the psychosis. One of my psychiatrists have confirmed this phenonium of temporary DID System is real and this does work for me.

- Bad focus can cause psychosis to automatically react. You must find a way to fix your focus. Be aware if it is a psychological problem causing the psychosis to react. Try to put your focus on the external phenomena and get under control. Keep troubleshooting if it doesn't go away. If the tongue is causing the psychosis to automatically react then try anything imaginable to get it done. You can see the guide in astral consciousness guide for further information on this.

- You can even talk to the external psychosis by using by signaling your talk through the tongue as if you were talking but not actually speaking to stay undercover. Try speaking through the tongue while focusing the sound through your speakers. You can actually talk to it with anyone knowing. Have fun! Keep your excitement up too. Read and get all information you need from this guide. This information could be updated but it does work for me. You can signal using your mind or tongue for characters to come in to speak too. Get it in your belief zone in any way possible this is better.

- This is good because it keeps you undercover from people finding out you are actually talking to something. Then you can have all the conversation and keep it under cover. If

you have astral entities in the situation, you may be able to get programming off the Astral plane can help turn the situation telepathic. Try to get the tongue to speak automatically but that doesn't work you'll have to speak through it manually. Good luck. Make sure to keep your chemistry under control so see chemistry generation guide and anything information that could help. Report to mental health services if it gets too annoying.

– Understand internal voices can sometimes make external voices angry too so you may need to do this and if it goes out of control to report to mental health services. See dream recipe and Astral Consciousness Understanding if you don't understand.

- Never tolerate internal voices – They cause too many problems.
- Consciousness for further imagination if this information doesn't help
- You can stall an external psychosis with your pineal gland. Simply focus and use thought to block the external psychosis and reapply where necessary (this works for me)
- Never reveal who you are so you don't get targeted in psychosis – Make up a person you are instead to stop the insults but make sure you've taken the prescribed dose of medication and cover up
- Tell the voices you can't hear them – Reapply statement where required – externally and internally too
- Changing your focusing may help with hostile activity
- Endorphins can really calm down a psychosis for the alters but can help DID System alters too. This can be good as a natural pain killer
- Delusions that aren't action build up. You could remind the psychosis you are favorites fictional character to try and it to change subject but just be aware your brain activity but make sure you've used all your resources. This is a good reminder it is all in your mind and can't harm you.
- Listen to the overlay of the psychology of the voices. If the voices don't seem to trust you then you need oxytocin. Smile for at least a long decent amount of time to generate oxytocin to get your brain to trust you or see doctor to get oxytocin medical supplies.
- Take a break if overall activity needs improvement as the voices may insult you if you are going over your capacity
- Understand dopamine states can cause psychosis if you have not taken your medications. If you've got negative symptoms of schizophrenia for example, I have negative symptoms of schizophrenia which require interacts with this document to stop symptoms from harassing me too far because there might not be enough dopamine)
- Ask the psychosis what type of entity it might be if you're are scared of people next door speaking through window because you can tell it is not harmful if other people can't see or hear it. If you do see extraterrestrials/space crafts or lights they DO NOT harm people and this a fact. Your brain might be playing tricks on you too. For example, you can ask if it is the astral plane because that is 5th density. It turns in to the 6th density/dimension if you start hearing parallel realities and this can affect your understanding of the environment being stuck between two different realties so be sure if yourself and assume nothing is wrong.
- Block internal voices it in imagination for focusing a block and holding the pressure where the audio from the imagination is coming from as they use the imagination to send internal voices too
- Tactile hallucinations are harmless. A tactile hallucination can play out through tension, feelings and visuals (entities) too. If you get pain then report to the doctor and report to your guardians and support workers. If you see creatures no matter how advanced and convincing the hallucination may be bouncing off all sorts of phenomena. To be sure then invest in a pest Repeller. It should help but you must understand the limits of the one you are buying. It would only repel a certain amount of this…. real creatures and not tactile

hallucinations. See Pain Correction and Understanding for further information.

- Imagine universes within universes in all ways necessary to relax yourself further.

DID System Understanding and Critical Alter Activity:

If anyone in the DID System is offended you will state your disability (signal to yourself in anyway) and also believe you are not involved because you have an incoherently so you can easily assume and understand if you remember that this false in to alignment. This includes the very perception of the truth of having a disability. You will act as a child in an adult's arguing situation where you are involved and submit childish slurs from your disability for protection against verbal and other attacks. This includes your identity too. You are NOT your born name when interactions are happening with any DID System alters or other entities. You will take on a false ID. Failure to comply with this will cause DID System to send attacks such as headaches. You will become a number one target for attack if you calm you are the name your parents gave you. You can identity as your real name with real people.

- Go in to recovery if you have control of the vessel and refuse the activity. The alters need to be sent to sleep otherwise too much undesirable activity will happen.

- If DID System refuses to bring out alters with capacity then you need to see the Recovery Section or Astral/Zeta Entity Experiment's and Appearances Understanding.

- You must have psychology of dissociation to survive. It is critical to survival. You must and have to. You may also apply yourself over trauma for alters to interact and have fun. For example, apply yourself as an alter if you have a DID System over the feel of the trauma with intent to dissociate. Be aware negative symptoms of schizophrenia may reduce alter interaction so you may need to recover or see chemistry generation. See excitement section to see if that helps to.

- If you are bored and not having a good time then see if the alters inactivity is due to waiting to pass dissociative amnesia on. This will help you get some good and interesting memories to discuss. Alters may go inactive and not interact until the dissociative amnesia is pushed through.

- If the alter are not awake to take the symptom away…for example a headache, then you can assign the current switched alter to take over the symptom. Just signal and advise you will take care if it. The brain registers this automatically and automatically fights off the symptom.

- Imagination attacks can be covered up by alters too – Simply apply the video over the response assuming an alter is there as it may be covering up something even worse (this works for me too). You try anything imaginable and creative to help with. Find a way to take control or see recovery for further information as you may need to break. If your imagination shows a situation of the past going out of control then signal to your imagination to see how the situation would have played out if treated properly. If you do not want to see then say no for it to go away. You can also apply the alter you have switched in to. Simply signal and feel as the alter you to cover up the situation. This can work for other symptoms too.

- If your mental health workers are around, you during the day and you have a psychosis. They may not understand that if you have a paranoid psychosis that the psychosis will react off this sort of pneumonia. If you have already told them and they forget you might find yourself stuck in the situation of been unable to re-explain this issue. If you have a DID System, just ask the DID System who wants this symptom. A DID System member will cover up. Then you can get back to having fun. Be aware if this does not happen you will need a break.

- You can see the alters history if your imagination is not functioning. A certain amount of history might be available and this can change too. You might be able to ask the alter a question too. Some alters may not be speaking too because of too much amnesia. So ask a question if you want and see their response.

- If the alters are talking internally apply to them to a symptom if the brain is in maintenance mode. If they seem hostile then respond if you where someone that shows an opportunity instead (like a spaceman). Be

nice in every way imaginable to proof this. Be aware of alters uncover where you might be able to pass symptoms too (such as using feeling with focusing the symptom). You should also ask what is the alter best at in covering up the specific or range of symptoms. You can also ask who wants this symptom. Just be aware just because you got a capacity increase DOES NOT mean you won't lose capacity later on. Just be sure you are not overdoing the alters ability to help a situation.

- If the alters argue make sure you are not being in a situation where you hear them complain about the alter then makes it sounds like it's you. This can affect perception and if you are busy you need to check and make sure you are not being affected by another alters problems. Simply advise that you are certain of this. They may or may not in their own decision choose between verification processes. If there is still a problem then decide if you need to troubleshot or not. It is up to you if you do not.

- By using the alters name you may be able to bring them out to help with outstanding symptoms by using their name and saying come (name here). If they are awake, they should show support if they are able to. This will increase overall bandwidth. Just be aware they prefer a more overall other activity at certain times.

- When the alter is active you may be able to apply the current alter that has come out to the outstanding symptoms the alters have. See how far it goes. Feel the alters presence by their voice responding and apply the feeling of that against all symptoms if it allows you too. This includes if they speak internally too and history shows no matter what is said the alter can process the coverup of a headache. If this stop working you need to understand that capacity may be running low at the given time. Try a different method or alter that is awake and willing to help.

- If you have schizophrenia and have a DID System complaining about a personality to be distinguished you then need to understand there needs to an alien experiment resolve overall activity areas. Do not make a fuss about this. You will be fine. This a consciousness area that grew beyond a personality and needs to be integrated back in to the DID System. There might be arguments about this between entities. You need to comprehend you need to explain this is fine if you agree. It may get constructed back by the brain. For me this has happened multiple times and this is the only way to resolve it. The DID System will take over from there. If that doesn't work you need to understand your brain is in maintenance mode and needs to install DID System software through imagination. This can also happen if you have schizophrenia ASWELL as a DID System. End of argument.

- If there is too much of an alter conflict and you have a history of schizophrenia then you must state your identity as this. If you have lost your mind then explaining this is important.

- If there is a pressure point on your body where the pain will not stop then you can follow the finger from overflowing finger. If nothing in these procedures will work then you will have to see

- If the brain tries to activate a damaged incomplete subconsciousness area you can focus the overflow of memory flow and in any way you can. Then this will cause memory loss and the DID System will send its programming and kick in. This includes flow of memory in to memory loss which forces the memory to dissociate against all the bad programming. Helps with broken chemistry links, better decision making, stimulation, mood, This also helps with alter interactions.

- If you feel the pressure underneath the area where imagination and between the subconsciousness area this can force your mind to dissociate so you can cope better. Just throughput it through.

- If an alter sends abuse verbally then you can relax them by focusing on the affected area. This should help a lot.

- If nothing works for dissociating just tell your mind your intent to loosen some main understanding so alters take over. This will force a state of dissociation from symptoms. To start dissociating use words against a rejection of the overall programming. This can be for example saying no to question with intent to forget the situation. Try in any way you can

- Focus the alters memory in to fix memory issues with alter that has come out. See MEMORY SORTING AND ASSOCIATION FOR PEOPLE MANUALLY RESPONSIVE BRAIN FOR PROGRAMMING MIND AND SITUATION OUTCOME WITH SYSTEMATIC OUTCOME (eg minds in maintenance mode). This can restore programming to workable state as it performs a bit of work for the brain to run).

- If you are being attacked by something in the mind you can use the alters disability to your advantage by

focusing in to the symptom against the attack. You should dissociate against the symptom and go back to having fun.

- Notice [Identity] is part of the condition name. This means you do not go your Name. You go by an alter name or make one up. If you fail to do this the alter system perceives someone who is looking for too much control and will cause problems. This cause problems with alter conflicts which cause protector attacks. Name yourself something else and cover up.

- Feeling lost in the alter state you are in? Get the alter system to take over your decision making right now! This will force capacity too to help.

- You can also get whoever has taken charge of the alter system to **stand up for you** if you get harassed or have any **outstanding intrusive symptoms too.** **The leader can cover up symptoms too and would prefer to if they are blind and deaf. If your capacity to do things is lower than usage then advising the leader the alters have used up too much capacity and need to go in hibernation to recover (this can happen to the leader too…this means the leader may have disabilities and need to go in to hibernation or have even have the leader symptoms covered up too. The leader will attempt to negotiate with the alters. Fingers crossed! If this does not work you may have to switch activities…troubleshoot…or take a break. See recovery for further information and ask this as needed. Recommend the favorite overall activity you prefer. Make sure it is a safe thing to do and a normal activity. See DMT from Lungs with Mental Disorder Understanding for further information. This will have been reapplied if the symptoms come back.** They generally go away for a few days and come back. Do not abuse the situation of too much high-capacity driven tasks.

- Make sure to feed your brain its food if it doesn't automatically. These can be felt on the left and right sides of the brain. Feel the brain food through and it should make the alter system aware to restore capacity further. Be aware if you forget this if it doesn't work automatically the brain may cause all sorts of symptoms.

- For any external voices see if you can respond it via telepathy to see if it is psychosis or alter activity.

- If you are someone who uses more than 1 computer screen then find out if your DID System is conflicting with what it wants to do causing more symptoms than you could just use 1 screen. You could make the best screen preferable and just leave it at that. You may even find it more interesting to just use a TV for a computer screen and have a wireless mouse and wireless keyboard. People throw out couches and chairs all the time and this would be easy to obtain.

If you hear alters speak your brain or mouth may be signalling to you in a strange way. If this does happen apply the alters to the situation any outstanding symptoms. Reapply again with either current alters in use or new alters if you hear them speak or just understand it is an advertisement to receive help.

- **If you are doing an activity the alters prefer then make sure the pain is under control. Or speak to the DID System leader to get them to stand up for you.** If alters are active and you have a DID System – Try to assume alters are awake and push the symptoms through to them by feeling the symptom on to them. Do not give up. Do the right thing for yourself.

- **If the brain refuses to cooperate in the way you thought would work you need to understand and comprehend oxytocin is always a solution. To start oxytocin release you can signal using your hands open and then send them send the left hand at front of face backwards (then forwards) and do the same for the second hand in semicircular motion and focus on the middle of the brain and pull away slowly. Reapply where necessary. Then continue troubleshooting from there.**

- ***Play out situation to alters to make them realize any symptoms stopping activities which are fun is not appropriate. Figure out a realization which will help them comprehend you are better off with chemistry. Be aware you may not be using them. Be on the lookout for alters which advertise to help. Do not take the belief too far in the wrong way either because if it is a DID System the conduct may require ANY available situation. Do not be intimidated you will recover to have fun. Check diagnosis with psychiatrist to be certain.***

- *Put up a hieroglyph for anything you need that is not there. This is so the DID System has technology to have fun. Remember to* ***negotiate*** *so you* ***can still enjoy the chosen activity.*** *ALWAYS RECOMMEND your situation over anything. You DO NOT get fooled by any outstanding symptoms about the technology. So, any situation where technology is leant by extraterrestrials you must understand there needs to be a good enough coverup by everyone involved including them too. You do NOT care about what happens.. Do remember to take breaks. Read back to start of Critical Alter Understand to negotiate with the DID Team Leader. You are to have the correct beliefs. A correct belief is proving that symptoms do not cause these issues where you cannot have fun. This is a mental disorder. Any technology leant is monitored and goes away automatically for any situation which attempts to intrude on the situation In any way imaginable. This means you do NOT tell ANYONE that you have extraterrestrial technology. If anyone asks about this I can guarantee you will* ***NEVER*** *be able to prove this is true.* ***Consider your capacity a gift from the stars.***

- *If you believe a toolset has been taken from you then go back and put the Hieroglyphic. Call up mental health services and ask what happened. Then contact a doctor (GP) and see if they recommend any other medication you might need. Write down all the symptoms you have to be prepared to show the doctor. If the alter system is playng out a situation of conduct against the alters to stop them attacking you then you must read a few pages back to External Reality Coherency. Read statements again if you have lost your memory.*

- **If an autistic alter comes out you may not be able to cover up the rocking process at by point while these alters come out. So simple rock away in any way that feels comfortable to you. Try combing with Chemistry Generations section in previous subjects**

- **Always, direct and recommend as a DID System member. Not a primary ID or outcasted entity. This is very serious as this keeps a lot of symptoms under control. If this gets out of control then don't speak manually. Speak automatically through astral response automatically**

- **You can stream to blind and deaf alters. You can stream video to imagination and other parts of the brain. You can stream music through the tongue too. This may convince these alters to reduce the tension headaches and pain and even reduce overall attack at the time.**

  - **If the DID System leader causes an issue you can blink your eyes to restrain them. This leader might like this because the entity to get to stay in charge.**

  - **You can start a conversation with alters under certain types of mental disorders where the brain is processing lots of information. You simply focus signal with intent to channel in and you should start talk automatically with all sorts of phenomena that feeds your ego if you are in a good mood. This is generally known as dissociating which can be fun if you are at home doing a fun activity.**

  - **If you have negative symptoms of schizophrenia and the alters are acting mean or incorrectly too far you can auto flatten out by imagining and thought signaling to neuroreceptors to automatically flatten out. This should calm down the alters and they may even give you good feedback too.**

  - **See you can create a program to block the imagination and take away the ability to rewind if nothing works. See top of the document if you need to. This will stop the alters from turning against you. See if you have any implants too. For example, see if there any hard objects in your arm (implant) and press down and block the imagination using thought. You may be also be able to create a software program the mind too, see at the top of the documents for more information.**

  - **Blind and Deaf alters may cause issues and symptoms. If multiple alters come out, they will need entertainment. This means you will have to taking programming from anything that gives good programming. Astral entities may be present and if you see them you must take in their programming in any way possible. For example, you could use the following and signal back to take in programming – Open Eyes that you can visually see – Closed Vision Entities – Imagination –**

Keyboard – Experiments – Take in programming in any way possible to set up entertainment for them from the astral plane. If you are unable to take in programming you must enter astral consciousness. See this document for further information. If you are unable to do this then you must contact a doctor or keep troubleshooting to the solve the issue. Alters may create themselves to help in a situation out of control for people with DID System.

- Alter can troubleshoot various issues – Simply refuse to do anything and wait and the DID System may offer a program or alter to help – You can also say to come out or say if anyone there.

- **If alters don't respond then the only activity you may receive from them are programs. Try to tap in to the imagination and restore the alters in any way imaginable. Then tell them to come out.**

- **Some DID System for example ones with schizophrenia may have multiple hosts at the same time. If you choose enjoyment of activities you prefer you must negotiate in any way imaginable with System. Otherwise, you won't feel the excitement from your preferred activity must troubleshoot with the alters to figure out what to do. Figure out it. Try what needs to be done.**

- **If an alter turns against what you want to do you must understand it will USE this document against you too if you leave chemistry papers on the wall.**

- You need to understand the difference between schizophrenia and a DID System. This is because a DID System will force you to do things you may not agree with it. Report it to mental health services if you need advice or have problems. This may be a simple harmless activity but if it gets out of control or doesn't sound right report to mental health services. If you prefer to not do the activity you must act naturally and not care. If you perceive the activity as immature then respond that way so the rest of the DID System takes over the chore. You may have both a psychosis and DID. The difference needs to be understood because alters may have mental symptoms too. **You the main personality MUST be in charge of the DID System or it won't be able to cover up symptoms causing massive issues (such as pain and bad programming, psychosis etc). Some leaders may promote better behavior but try to be aware of this. If the leader is unable to negotiate then discuss for the good outcome.**

- **See if you can create an auto respond through text in imagination app – This will help your alter system when you are in charge to give the most correct information**

- **If you've tried troubleshooting too far and not coming up with a solution then the system may have personalities semi intergrated causing an issue – You must process a depersonalization through imagination to get them to calm down.**

- **Depersonalization is not always available – You may have to reduce to a low-capacity activity or go and recover – You also require to up your level of serotonin too while on the break to recover**

- **It is easier to take a break then to generate chemistry while doing something but alters may want to play around with the given time too**

- Alters require motivation to function so be aware this could seriously impact you ability to get help from so dopamine supplements maybe required

- You may have to get DID System to overtake your personality set data of the consciousness activity of the mind – Simply asking a host to take over

- **Get alter to sacrifice themselves (each alter has a quota limit)**
- **Alters may turn against you if you are doing too much of a capacity given task at the time – if you are unable to still do the activity you must choose to do something easier – Just ask if**

it is too much for them and understand even if you feel ok it doesn't mean the alters are not suffering too. The protectors not always allow them to go back in.

- **Ask the system if there is anyone who is willing to switch to see if you can get more capacity (be aware of you alters attributes is recommended)**
- **Alters can stand up for you and consider helping if the outer activity is bad (such as psychosis)**
- If you have **DID System programs** for example a **belief zone keyboard** for people with implants the first point of conversation and information, so make sure you choose the right working keyboard to update belief systems if available at the given time
- **Changing your focusing may help with hostile activity**
- The person in charge of the DID System may be controlling your overall actions so you can negotiate to see the alters opinion of who should be in charge at the given time
- **Say help me to DID System** to see if it is available to provide assistance but be aware alters are hibernating sometimes too and may not respond so you might need to take a break
- **Get brain to shut down from the problem the problem is irresolvable**
- **TELL YOUR DID SYSTEM YOU NEED HELP TO COPE**
- Do your best to get alters to come out however only if required because they hibernate and unaware of been responded too but if they are not responding take break or be aware the conditions aren't good enough for them to actually provide support at the given timeframe/mental state
- Ask DID system what it needs but **only follow it if it's good advice.** Alters can help **coverup symptoms** if you have a DID System. Try to negotiate with your consciousness if you need to act on symptoms which stick around once you've have checked with mental health services what is safe for you to do.
- Understand that when alters come out they have their own various mental states and some may respond if you say hi because they and also note that some of them won't be able to see or hear – Different alters can impact your medications so make sure you've reported to mental health services any outstanding symptoms. There is an extremely high attempt suicide rate for people with hostile alters so make sure you are not too sad.
- **A lack of oxytocin can cause DID System to turn against you if there is a capacity issue. Always remember to focus in on communication.**
- Instruct the DID system to help and what to help with Programs like belief keyboard/belief apps will retaliate with a silly situation if they are active host and there are too much pain/other symptoms from the alters and general mental disorder
- Get DID System/Implant to wipe memory of unwanted subject to get more interesting memories to look back on to create an opportunity to create new memories of positivity
- Programs from DID System may manifest so you shouldn't always assume the alter is actually there because it could be psychosis or bad programming if it is a negative situation
- The DID system might be assessing situations if it is a hard problem to solve.
- If you want to misbehave understand to stay within realms of reality of human laws of society and ask medical professionals/doctor/and friends if you need verification of what is happening. I can understand there can be a lot of left over programming from not acting on delusions but I am still studying this myself and cannot provide much help at this stage. Be aware a delusion can pop up and manifest at random times.
- Just make sure it is providing something positive and do not believe you are above the law.
- Turning TV off can make network/DID system react to help if you are doing nothing
- If you get entities causing trouble with your DID System and the overall agreement is to do something else you can request the alter to come out to in attempt to do the activity. If you agree to an activity that is the overall decisions. If the overall decision is ignored

you need to understand it is a mental illness because those entities would use technology to put it through if it was appropriate (the rest of it is a delusion even if it does seem that way). To see if you really have aliens around then get them to send an email to you. If they don't then see **how that is all in your mind.** Psychosis and War Video Game Understanding. You will understand if you have been in pain with these entities around there is a clear reason it is all part of schizophrenic alters. To manually take control you need to put do not concede on affected areas. This means you force the neuroreceptors to break free from the situation. Look at your history and see how the alters fake jobs for no reasons. This is all part of your disability. You can auto focus the do no concede to automatically locate to given areas returning your control back to you. If you are still not sure then see astral consciousness procedure. Understand you get support back in astral consciousness because it forces the brain to send the correct information. See external reality coherency. Also see Chemistry Generation Guide and Understand all the problems are merely bad state of chemistry too. Your brain may be emulating a situation where you wanted help. The alter may not be in a good mood either from it too. So, listen to see if they feel bad. Alters can speak You need to take a break if the brain is causing these types of problems to…see recovery.

- If alter eye and hear is damaged in theory (which is what works for me) is assuming a healing ability to restore eye sight and hearing. This should reduce alter attacks they will be more entertained. Perhaps this is function of alien control pneumonia too. Maybe taking ormus helps develop the brain which gave the ability like this.
- If a situation ever comes to you via comms you need to explain things like a computer and not like an emotional response. Ask why and explain every detail you need to. It may just be a misunderstanding even if they make a good argument.
- A psychosis may turn original person you are as a reaction against systematic effect of an interactive story. The brain is very self aware and unable to help and even can scan every single branch to find out anything bad it has against you. This means that anything of the history from any angle imaginable will be used against the name you of born with. This means if you take on another personality the benefits of turning against yourself is the very definition of the game of insanity. This is very important to understand as the old self is discriminated and hated. Take sides join their cause to get support. As seen in a war video game procedures it always ends up with an attack. This for treatment resistant schizophrenia with systematic symptoms like a DID System. This for emergency understanding for temporarily control to fix the situation. Report to mental health services if you need to and this guide may help too.

- You can feel your current alter out to go over the perception area of the mind by feeling it through with the intent. Then everything's turns in to a positive situation, Reapply if needed or want to.

If you have schizophrenia and unable to get the DID System to cooperate then see Astral/Zeta Entity Experiment's and Appearances Understanding. Understand how schizophrenia affects the DID System.

Alter Conflicts

If the activity seems manipulative and there are undercover attacks from conflicts then you need to understand the conflict cannot be resolved.

- You will say I do not agree or say I do not concede
- A DID System Protector will come out to negotiate or request one
- Try not to add to the conflict and wait and see where it goes…put up with some suffering if you have to
- Try to reprogram yourself if you can

- See the psychological document too if you think you need a substance

This is very serious as it requires you to understand parallel universes is where you go at certain times if you have spiritual support. This is why things just seem to work out when the impossible has just happened. You must back off the activity if you can at the time. Just be aware a DID System generally studies in the background on how to solve a problem. If the activity is causing too much of a conflict, then just back off from the activity.

Imagination techniques:

- Imagine various shapes, objects or anything possible and items with sounds and animation that animate from start to end with feelings of excitement and euphoria
- The programing from these is generally removed so you will need to make new ones
- Assume the programming possible and feel it in any way possible
- Attempt with programming for other states of consciousness and intent to get desired effect/state
- **Get the DID System to create new memories over the old ones!**
- **If you have a DID System then see if you can get the DID System to auto detect things by using your imagination with a guide ball of light that gives advisory to when a symptom happens so when an alter is coherent enough then they can provide the information arguably automatically.**

Visions understanding

- While real remote viewing can take place, we cannot verify everything we see through the schizophrenia mind when seeing war like situations or simulated parallel universes of things not working out or scary outcomes of visions based off past and evil explanations for outcomes of symptoms or **EVEN HOW the brain perceives to be the situation if having a break. This also includes visions if they act like a program where you can interact with..do not worry about what happens if you see a vision with evil situations or other phemnomnia..this is not your problem what happens and there is no way to prove this is true to doctors and guardians. You should know when to report this too….if you have already reported it then understand you may need to report the visions that do not stop being evil…this guide may help with visiojns but medications will further assist in the stopping of negative visions. Ask what mental health services have to say if it causes a problem.**
- – DO NOT EVER believe any given evil vision and do NOT become consumed by it as preprogrammed visions can very emotional data to convince you so be aware of this as it is critical to survival
- There has always been discrimination all ways in the first place for any given argument from the consciousness of the mind so ignore it and no matter how serious the argument is and how convincing it is always assumed that **everything is fine** and under control as statistically speaking this is a 99% superior belief system rather the visions shown
- Let the war play out and understand serotonin needs to be fought to calm down situation so visions may be reactions to low levels of dopamine and serotonin.
- D2 and D3 dopamine sections need to be blocked for some people to reduce bad offensive visions – Ask your psychiatrist and tell them everything and make a list to write down to let them know so they have the right information to prescribe the correct medication and get them to explain how the medication is going to help you.
- Understand that this is an ongoing conflict and shouldn't let it ruin the day. You would be better off taking it as free entertainment from the mind and taking the piss out of it if it won't go away.
- Get the implant to cover it up if you have one. Focus in the vision on the implant to stop it from being so negative towards you.
- Visions cause delusions so be aware that visions carry more than just a video and audio feed as they can carry all sorts of phenomenon.
- Try to make it a friendly experience. Treat it with positivity if you must decide interact with it. Notice the vision changes as you feel better or mental state improves.
- Do NOT ignore recovery otherwise you may experience bad visions. See psychosis, critical alter and

external reality coherency for more information. Contact mental health services to report anything bad. Alters having dreams may end up with nightmares so be careful.

- If you see aliens fighting then ask them if there is a screen and they may explain to you that you are viewing a simulation and show you a screen.
- You need you tell your family and friends NOT to do capacity driven chores beyond your ability to be coherent or symptoms may return like this too. This happens to my sister because she has taken showers and go for walks each day. This causes the negative visions to return.
- For those interested in further information from a technical perspective then understand if you have treatment resistant schizophrenia then the brain would not be producing chemistry correctly causing the throwing of DMT inside the brain to start the stupidest argument imaginable to recover. I have dissociative identity disorder and I get terrible visions if I overdo my capacity. Know your limits. Take a break. I have dissociative identity disorder and I get terrible visions if **I overdo my capacity** so it could be specific to that…and not only that it happened straight away when I bought out my old personality. It could be the reason why the personality was covered up in the first place.
- Understand that visions can be used of a form of conduct on a brain that refuses to behave. This help with various symptoms. So, whatever you see just watch it through until you open your eyes and see a result.

Implant and Astral Consciousness and Mind Programs Understanding

- Beliefs must be updated to avoid attacks in the imagination through keyboard (for example, a brain processing too much information with conditions like mine may create tools to assist in helping)
- Psychosis and various brain attacks that be covered up through the implant
- Emotions can be blocked by implant too
- Some implants can detect in your mind your request by touching and thinking the request
- If your DID System has created a keyboard which controls beliefs you must understand if your beliefs may conflict with the chosen activity and even cause symptoms too. So, if this happens simply force a belief about something else you prefer. Then you can go back to fixing the activity of preferred belief zone. Simply select a belief and then feel it soaking up the brain from front to back and auto assume this is coherent. This will work for brains that process too much information. If the DID System and most importantly treatment resistant schizophrenia has too much **want and desire it** will attack using anything imaginable to get what it wants. This includes pain and various memory attacks and other symptoms. Simply remove its want and desire. Be aware this can change too and beliefs needs to be kept an eye on.
- **Implants may come with a scanner – Attempt to touch the implant and request assistance and also try to explain what function or request you have you are after – You can feel around the brain using your mind too to see if you get a response**
- Programming can be taken in when closing eyes and then the result shows after eyes are opened
- You can choose to decide the astral is within your fun activity and it revolves around you
- People that are schizophrenic that dream that they have a split personality can generally have really positive experiences
- Ormus can increase mental activity which can make life way more interesting which may attract more positive experiences (for example, amazing dreams)
- Holograms from the astral plane come to visit Earth from parallel realities
- Holograms may provide servicing depending on availability
- The internet is full of negativity and should be avoided
- AI Assistant can provide critical information and advice
- Other assistant programs may provide insight but known for what reason they are there for?
- Dissociative functions can be help against bad times or trauma
- Implant can mask pain too
- Understand for people with negative symptoms of schizophrenia may randomly be provided with psychosis masking technology by extraterrestrials. I have this implant myself and it has been confirmed on Facebook via photographic evidence of a flying saucer in the area the same day she was diagnosed with schizophrenia. You may see other proof too based off various other phenomena but always awesome your condition may be playing tricks on you to stay safe. The

reason the technology is provided is because the reason behind the masking of the condition can lead to suicide due to treatment resistant schizophrenia because it can be overall **extremely intimidating.** You **must** keep mental health services as the psychiatrists up to date with the outcome of supplied medications and other services within the mental health services. If you don't understand why, you have been supplied with certain medications you must ask them why and what will it do for you.

Dopamine, oxytocin and serotonin understanding

- Those are required and there can none without the other because then symptoms will play up too far and medication should be assessed if the symptoms go out of control and should be reported to the psychiatrist
- Toolsets can help release chemistry if nothing works – See tools chart
- Organs may need retraining to work properly as they loose information on how to function due to loss of required data by brain needed to function
- **It is critical serotonin be** at **medium/high point** possible at all times to avoid symptoms for people with negative symptoms of schizophrenia because the serotonin link does break
- Serotonin fixed mood, trauma symptoms problems
- Dopamine helps with motivation, capacity length and euphoria
- A lack of dopamine can cause psychosis the levels are not correct and cause neuroreceptor attacks causing a misconception of psychosis and incoherency of understanding on what to do next
- Smiling and constant unity with vessel bad moments can increase the brains' ability to trust you
- Flatten out emotions
- All chemistry is required to maintain excitement but breaks are critical to overall capacity and excitement
- Physical access is generally required due to requirement of automatic feed to stop negative symptoms of schizophrenia
- The brain hates too much dopamine as it will put the brain in pain but is still required regardless of it putting the brain in pain
- Serotonin is required to keep good brain programming otherwise a loss of serotonin will cause symptoms to play up and destroy good programming and general understanding of good out comes and understood resources in this document which are required for help

Supplement and medication understanding

- 200mg 5-HTP is required every 2 hours to influence serotonin releasing behavior for people with negative symptoms of schizophrenia
- Vitamin C is required to keep mind active while brain is being used for whatever purpose is at hand
- Ormus is used to help dissociative implant functions, astral consciousness functions in theory and to provide interesting dreams to make life offline more entertaining
- Dissociative say the repeat words really really reaction word function should be used in any way possible to get
  brain to cooperate and bring fun back in to day/night as this is a dissociative method signal from the implant to reject the parts of reality, we don't have to deal with it through dissociation
- **Magnesium L-Theronate should only be taken if no options appear left to increase oxytocin.**
- **5 HTP, Ormus, Niacin, Vitamin D, Vitamin C can heavily reduce a hangover. Also, you can drink water before sleeping because that will remove a big chance of a hangover too. This can recharge your**

chemistry especially important if you have a DID System and it demands alcohol. Be aware if your DID System is active and demands alcohol you need to understand it wants a recovery.

- Unfortunately, in Australia MDMA is only available to non-schizophrenic patients…according to my psychiatrist who covered the subject. See your doctor for more information. Do NOT visit or interact with a GP under the influence of alcohol as if you present to them not telling them you have consumed alcohol this can get you under a public trust forcing your entire income and assets to be given to their control. Consider a guardian too in case mental health services attempt to do this for you. This could in theory stop them from taking over. The public trustee is VERY easy to defeat in court just for your information there. The reason for this is because they need to make a profit and make extreme measures to do this.
- Ormus should not be taken with any other supplest if you want the full effect. You can still take any further supplements but this works better for me. This means take your supplements a different time to taking Ormus.

Internet usage understanding

- The internet can and has been segmented away from conscious enjoyment as the brain refuses tot take new experiences from the internet unless it is music or video game related downloadable content etc….and for people variations in capacity at the given year or time and moment
- Internet is full of hackers and spies is generally recommended to stay offline or keep bandwidth limit to lowest possible to still play internet connection required video games
- The more you delve internet in to life will cause trauma if you have a disability
- The internet uses up too much brain resources is terms of wasted brain fuels on internet related activities if you use it too far
- A decline and more symptoms are merge as internet usage causes harm
- Do not believe there are many people to relate to on internet since we do not know many people online
- We must understand we do not have ability to be contributive to people online so we won't waste their time
- If you really want to feel like you are contributing to society then host a seed box with popular torrents or torrents that need seeding
- Any perception capacity can be changed for activities besides gaming and fun is misunderstanding based off **over 100 experiments'** done in the past to find out why using information from this guide
- Excitement comes from video games not Facebook activities as proven

Astral/Zeta Reticuli Entity Experiment's and Appearances Understanding

Understand even if aliens do provide help, they understand every bit of detail through your insane mind so you do NOT have to correct yourself around them you can just have fun. Any problem happens it is all a symptom. Report to mental health services if you are unsure.

- Blood flow, chemistry may get blocked in brain which requires a reflow of body's direction of fuels go as the Zetas will be able to fix this. This can happen if alters symptoms or negative symptoms cause an issue
- **Understand you can prove there is no non wireless communication happening. To verify this get them to lift the keyboard or object you are using through telekinesis to prove they are only wirelessly communicating.**
- **DMT aura. If aliens approach in this state, you will assume it is a DMT aura and let of the fear on the basis, is it simply your mind releasing DMT. The fear will then reduce and you will be fine.**
- **You must understand if the brain will not let you have any fun at ALL. One last solution from the Zetas must perform conduct on the brain. This involves a transfer of power from the brain to your spirit. This is because the brain has grown to reject the spirit. This is misconduct for a brain to do this. Get the astral entities to put the brain under pain. You will**

be shut down from experiencing this. Then excitement will return and the brain will return to entertain you too. **We are sorry to reveal this to the public.**

- This can help with excitement too
- These entities can help even if they are not real. They may be systematic programs. Who knows if they are real. Assume a safe belief zone.
- Just to let everyone know, you can end a contract with tearing it up in your mind from Astral Plane. So, if you do not want to continue just do that. You may or may be able to make a contract with these entities **to use a computer (fun activity)** depending on if they accept it. **If they do not accept it then simply try at another contract at a different point in time.** This can serious capacity increases to use a computer. If you have a DID System and keeps showing you a contract you can also quit the admin role of the DID System and another alter to do this.
- To find out if you under mind control to fix the issue simply do a wireless pinch focusing in to the areas that are blocked and see if it moves around – Then you'll know you need to let the experiment continue
- If you take Ormus see if you have any astral eyes (retinas) – The DID System may busy in the background along with this phenomime. This took a year for it to truly bring out the good in me but you should look it up on YouTube for further information.
- Signal the areas required and gave any information in any way imaginable to get this done or allow the touched areas a response in any way you can
- **Brains with disabilities need servicing if the brain is unable to corporate**
- **If mood and excitement is fine but cannot use a computer properly or game console an experiment is needed! This restores the ability to use technology with stability**
- **Attempt an unblock – See Organs unblocking and see if the available phenmonia can assist. Try to run an assessment to see if they can help further and what sane ways would it work overall based off various proven histories.**
- These entities/aliens are everywhere where energy work is required and can be very social and also as known as interdimensional beings
- Zetas can be found locally but can be found in parallel realities too including the astral plane
- They use toolsets too if available
- Some extra-terrestrials may have auras etc… and as they approach and assume fine as they interact and understand everything is under control. If you feel fear when they approach, I can guarantee that this just construct of their DMT aura so you can assume you are safe and think and feel otherwise.
- These beings should be aware of the vibration they are dealing with as we can only vibrate emotionally based off current outcome so only attempt to increase if you need to
- Attempt to treat any entity with respect if possible (which could be anything)
- Some entities contain various programming and can manifest in any way imaginable
- Always assume it is psychosis for security reasons and even treat like psychosis if you lack bandwidth to interact with them
- Sometimes Zetas may do a temporary experiment in an attempt to make an automatic feed of serotonin much easier
- Also note that if there also are aliens that seem real but may be psychosis coverups, they may fill you full of hope to move on to an alien race and do stupid things like saying you are going then say you are not going. Remember to check your history to know this is true. You should ask yourself if this is my belief zone as it doesn't feel correct then YOU HAVE LOST YOUR COHERRENTCY. They can always do this another day too so you can perceive like that too. Alien experiments fail and don't always work too so you need to understand if there is a successful experiment then comprehend, they are not actually there as it could be the alter system causing trouble too. And yes, you can be wrong and you need to understand you have a disability too and that can cause to make mistakes too.
- Sometimes it may appear you are not being experimented on but a fake experiment is happening. Understand you need to re-allow the correct entity through until you get a result.
- See if your brain is showing you visions from misconduct of war. See visions

understanding for more information.

- Please do not be confused about certain situations including leave earth unless they bring out this reality in your dream state. Sure, it might be fun to talk about but if you are unsure contact mental health services.

Pain and Correction understanding

The answer always changes each day!
Try combing various methods too

If you cannot resolve the pain you need to understand your brain may be disabling the ability to fight back. This means you need to recover. Do a capacity assessment if you need to (you may need to switch activity temporaly).

Be in a rush to sort the pain faster in any way imaginable.

Beware excessive computer usage may cause symptoms. Assess the number of activities you get up to if you get symptoms that keep coming back. The brain will attack with pain if it unable to process its information if you are overdoing an activity. This includes if you are medication too... If you have schizophrenia/DID Systems and the doctor, say, go to hospital and want another solution if it is safe to do then See Psychosis and War Video Game Understanding if you are refusing to go to hospital because the influence of video games may play out in attacks too from delusions. This is the overall decision based on coherency. If you cannot resolve the pain and unable are unavailable to go to hospital and nothing works then beware of undercover pain attacks too. See memory and also recovery section if you think there may be bad programming too. You may need to wipe the alters memory if they are attack too far. Remember the answer to fight the headache and other body parts too with this and you can change so consider ANY options available in this entire guide. Be aware the brain changes its allowed methods of use so you must consider ALL options. Also be aware that brains that process too much information and are in a maintenance mode may create or coping method tool. If nothing works or seems too hard then go in to recovery to relax to restore overall state. Reapply as needed.

- If you cannot focus to fight off the pain then you need to close your eyes and refocus

- You can fight off aching pain using the TOOL CHART then use the DID System to cover up more symptoms of the situation. The chemistry should release in those areas too. Then just reprogram yourself to do you desired activity or discuss what to do next.

Once you have practiced this section the brain branches grow and you can use thought to psychically feel the affected areas to temporally stop or stall the pain. Remember if you lose the ability to fight the headache the brain does not have enough capacity at the time and this means you should check to make sure you have taken your medication. See capacity assessment if you are unable to get a good enough result from your activities as you may need to report to mental health service. If you get trauma from the headache and you have a DID System then check to see if the alters will put through dissociative amnesia to forget what happened.

- If you get constant fingers attacking (combined with a tactile hallucination) then you need to focus and signal in a placebo affected with intent to allow auto regulation on the affected areas.

- If there is aching areas then you need to focus really hard and focus to feel intent to push through a strong

fold against the affected areas.

- Alter conflicts cause pain – Check with DID System Protectors if another protector is sending attacks and try to negotiate to resolve the problem. This will heavily reduce all sorts of problems.

- Check to see if there any tools left in from the chart that alters may have constructed but not in use. Be aware a DID System does this all-time which can cause headaches.

- You can use thought to catch up pain affected area (maybe works other things too). You can leverage your thoughts too.

- If you feel a hand or fingers pulling areas the affected area is in you need to take in the hands finger and let it pull away the pain.

- You can fling the affected area of the aching back and forth plus up and down and it should relive the pain. This may introduce some chemistry to the affected area.

- You can signal feel or brain to ramp up its processes to fight the pain off. Try this in any way you can.

- See DID System Understanding and Critical Alter Activity for alter tips of assigning a symptom to the DID System or continue reading and actioning below.

- You can swing your mind left to right inwards or outwards to stall the pain. This will also help with a chemistry/fluid flow too.

- You can go after the target point of where the brain is sending the attack from and force it to cover up the pain on affected areas.

- Say and signal auto regulate to DID System or imagination in anyway possible

- Imagine a creature eating the pain away inside the mind. This should stimulate the affected area.

- You can use 2 spinning triangles against the affected area to program the pain in such a way it reduces the annoyance of it. If the mind tries to stop the affected area from receiving this then you can cross fade and warp it around in your imagination.

- If there is an interference with the brain signaling fluid in the affected areas you must focus in to a different area of the brain and expand the area to fight the pain in any way you can. Try this in any way possible.

- Hand interactions with the organs and minds if you are able to signal these areas using your hands can rush around chemistry etc to fight pain. If you have done this in the past check to see if you process your thoughts as idea to see if the mind draws out a plan for hand interactions to fight off the fight. Do not give up and seek help if you need it. Do not go without your pain medications as you will still need them.

- You can stall brain by imaging the understanding the brain is processing too much information. Send the intent of the processing to auto focus out of pain. If there is a feeling of a certain endpoint of the brain in pain you can treat it as if it was a wire and then rearrange the wire to the middle and THEN releases chemistry (serotonin for example) on opposite sides of the wiring ending position backwards. This should stall the pain. Reapply as needed. Combine this with other methods if desire or have any further problems with it.

Some information about the wire feeling. If your brain has created a situation with two ends points of a situation with a wire then understand the opposite and end of this line should force serotonin to react in the bran. Use your imagination to signal the tool in the mind so you can see were might be connected to in the mind and then signal to release chemistry in this area.

- If the DID System Team Leader brings out a rundown alter because he wants to be friends with it then understand they will take on the pain - Simply pass it to the DID System team leader in any way you can. You can also focus to an admin team on the DID System to assume a network of other alters which the pain can be passed to.

- Never submit to a project with the DID System if you get attacked. This means the DID System favored the brain over the spirit – Be aware this is a total misconduct in everyway

- You can close off the pain for affected algorithm (even an active pain attack one back to the DID System) in process if your mind is on maintenance mode. This involves quitting the pain like an app. To do this open up a window in your imagination and signal to close the app reporting the pain. Do this in any way possible.

- You can send the over processing of information to the imagination and by creating a chime and repeating it back through the imagination - This will cause the DID System to cover up the pain.

- Check to see if the brain has left any tools inside the mind. Some brains with maintenance mode generally crate a temporally solution. If you no longer have this option they do not give up. Keep reading.

- If the pain is causing a specific area which won't calm down you can focus to expand or dexpand the affected areas. This will flow through the fluids/chemistry back in to the affected area resolving the pain. This could also indicate changes in the brain if you have a DID System or Schizophrenia.

- Once you have recovered enough you can then again pass the headache to the DID System if you have one.

- You can create mind spheres which auto locate to affected areas. This will stop the pain in those areas. This can help if you want to listen to music.

- If you are medication and have a headache you may be able to scratch the offending areas for an endorphin response – Reapply or combine with various methods. It is up to you.

- The alters can hold the pain for a specific time if the alters are unable to cover up. This situation may change and the alters can cover up further later on. Simply assume the feeling and signal the alter and the pain will stop.

- If you have been consuming or overdoing an activity and you have a headache that none of this will solve you can see the excitement section. Chemistry may need a jump start to function with medicine, Chemistry will help with pain in an emergency too. This is a great reason to see excitement section.

You can use the tool set chart against the affected areas. For example, using your imagination you can visualize a spanner moving around the affected area. This should force the brain to release chemistry so you can cope. See the doctor if the headache will not go away.

- **See if the DID System will cover up pain permanently. If it agrees it will stop ALL pain. See how how it goes. Reapply if need be. Some DID Systems wont agree to this but Facebook advised it can happen.** If your brain is in maintenance mode from negative symptoms of schizophrenia or you are in astral consciousness see memory section.
- You can use alters speaking in silence that you cannot to apply to feeling to silent chatter to affected pain areas

- If alters are active and you have a DID System – Try to assume alters are awake and **push the symptoms** through to them by feeling the symptom on to them. Do not give up. Do the right thing for yourself. If you have trouble fixing the headache and you have a DID System you need to understand if other alters are unable to cover up the headache, then you need to apply the current alter state you are in to the pain. To do this simply feel to imagine an the alter taking over the affected areas in any way possible. For me I imagined it swamping the rest of the past. This might take some time but it should be worth it. This does work for me.

- After a pain test, I discovered when my body takes in a certain amount of pain in and instead of retaliating against it, I do not use thought against it and let it feel through, then goes past the pain barrier then the pain stops. Just be aware if it affects your excitement you need to stop then.

Excitement may last longer if you stay within capacity limits. See Excitement section for more information.

- If your brain is in maintenance mode from a mental disorder you should be able to fight pain areas by using your imagination against the affected area. Signal your brain to automatically start up the programming to troubleshoot the area even it stops. Try all sorts of things such as automatically sending chemistry to the affected areas or a whole affected area.

- If you have treatment resistant schizophrenia and you are getting a headache understand the dream state may cause an issue. In a dream you can generally take control of things through telekinesis and this means you can assume the belief of the pain or object levitating off the affected area. Stay focused on this as it can stall the pain. Reapply as needed. This may help with auto regulation.

- The fastest way to stop a headache is to call the alter system by saying is there anyone there? If someone responds (for example internally) simply apply their voice over the headache affected area using thought and feeling by signaling the area. Be aware of the awake alters refuse to take on the pain you can then use the main switch of the alter you are and take in the pain in to the personality and this will hide the pain until there is another solution. You may still be able to use any of the suggestions below as this may still be available as a solution. Be aware if the alters go to sleep, loose energy or capacity to stop the headache the given time. You may have to try other methods with this one until one is able to help. Do not give up. Try anything from this guide too. Read other sections to see if that helps too. Beware if alters speak internally too…. they may be speaking to offer a solution but might say something off the subject of the symptom. If you are unable to target the affected area, simply feel a fold in and auto focus to affected area. Simply speak with the intent of the alters to come up the headache even if you do not verbally mention it. They will understand and take over if they can. Retry this at different times throughout the day.

- If you are not coherent you need to understand if alters are simply attacking because of want and desire then simply surrender and go through the pain as it may not be tolerated given you have a working enough skillset of this entire guide including your support networks. The pain may be stop then. Sometimes it is easier to experience the overall outcome then actually fighting back with at the end of the day the alters can access the same information against and cause the headache for want and desire.
- You can get the imagination to fight the headache is ways against activity where the brain attempts to take control of your capacity. To do this you need to use your imagination to imagine an **objects** and sound (flash the object to **automatically insert some temporarily programming**) or outcomes such as hand signaling in any way possible where the focus changes and refocuses on another area to control of the mind to stop attacks so you can continue what you are doing. This should increase capacity but just be aware it consumes more life span capacity over time so at your own risk. If your imagination gets blocked just assume the situation using the blocked imagination area to take control. Combine this method others suggested too in this guide.

- You must understand if the pain is in certain areas, it may be a neuro pathway that requires a specific function area of chemistry to be released in the brain. See Chemistry Generations in previous subjects. **You MUST use chemistry generation at some strange if nothing works.** You can get a DID System to flatten out the emotions in the brain if it is maintenance mode. Just say is anybody there with the intent of having emotions flattened out.

- If there is a feeling of a certain endpoint of the brain in pain you can treat it as if it was a wire and then rearrange the wire to the middle and THEN releases chemistry (serotonin for example) on opposite sides of the wiring ending position backwards. This should stall the pain. Reapply as needed. Combine this with other methods if desire or have any further problems with it.

- If you have a DID System or treatment resistant schizophrenia. Feel around the brain to see if it offers a verbal response as an assistance request. Then use focused area to gain control and auto locate and use any method available in this guide. You might hear static for example so just refocus on the area if it loses connection and try to fight it off. Do not give up. Unless you need to suffer through to gather your thoughts.

- If your brain is stuck in maintenance dream state mode with your condition like mine then you focus a false realization against the headache. Results probably vary based on which alter is out.

- Get DID System to shut down from affected areas. Understand that alters will send ALL KINDS and types of attacks to anyone in the DID System who claims to be the name of the body. You only identity as your name your parents gave you when you speak to people in person. This will stop the overall attacks against you

having fun because you won't be such a target them. Do not give up! Have faith the issue can be resolved. Report to mental health services and support workers and family of your current progress to make sure you are prescribed the correct medications.

- See the tool chart section to troubleshoot using your entire body. This section has been updated and so has Chemistry Generation. Check with support workers if you not sure about your medications. You need to report it if there is a problem. Remember you have a disability and only can do so much about it but hey! If you get fed up the come back and read this awesome guide. Make sure you have chemistry access too other you will not be able to use chemistry to fight back against symptoms which is need to keep alters under control.

- **You can use your light body to fight the pain – Simply imagine a bubbling out object and thought process an assumption the mind does not need chemistry to affected area with a refocus. If there is any problem with putting this through you must process the flow of brain fluids in a pumping affect until your thought process can reach the entire brain or affected area. The brain may separate this from the attack but you can give it a try.**

- **If you experience hands and fingers (plus other hidden activity) causing problems with the brain you can allow the hand to throughput a transparent see through effect to enable a bit more auto regulation. You can also allow this in many different ways and even use the phenomena to help you out in various ways. Report symptoms to doctors and support workers too. Let mental health services know if there is a problem.**

- If your brain is in a dissociative dream state then you can use the dream state to fight off the pain. Simply get your hand and imagine a pain killer popping out as you twist your hand. The imagine the pill melting in to orbs and entering your brain or affected areas. This should fight off a large amount of the pain. It is a bit like a placebo effect but well, this seems to force the programming for such a state further.

- If you see holographic aliens in the room and you need to recover from pain and your organs are not producing chemistry then you can use your hand to swipe off the aliens as if you were fighting back against a situation. This means the chemistry comes back towards your hand in your mind. This many only works so far as your brain may reprogram you to think it is not a good thing to do. This for mental disorders which a show a form of alien control.

- If emotional due to pain and you can flatten through thought then you can auto locate the flatting or block the emotions through automatically relocating the defense against the pain areas.

- If you have a DID System you must understand the ENTIRE headache MUST be sent to the DID System in any way possible otherwise you may not have fun. Follow any method imaginable to stop the headache. For example, rerunning auto concede and do not concede arguments. Keep doing this until it stops. Rerun the argument to stop the pain when you remember this.

- If nothing works you must contact the doctor, go to the hospital to get medication for it… or just wait till the DID System takes over which can happen if you got one. Try some rocking if you need to. Be aware if you have gone over your capacity limit and need to recover. See recovery guide to resolve with those methods. If you need to rock you need to understand there is programming causing harm and that requires you to rock to segment the problem. Also be aware If you pinch the affected area and it the area of pain relocates as if it something inside the head had such a strange capability this means you need to do some rocking now because of the DID System alter changing. This is an opportunity for dopamine too from flapping hands and rocking left to right while aiming at organs on left and right.

- **If the brain refuses to cooperate in the way you thought would work you need to understand and comprehend oxytocin is always a solution. To start oxytocin release you can signal using your hands open and then send them send the left hand at front of face backwards (then forwards) and do the same for the second hand in semicircular motion and focus on the middle of the brain and pull away slowly. Reapply where necessary.**

- Implant can mask pain too if you have one. The body and mind come up with all kinds of strange ways for mental disorders. This is people in dream states basically for schizophrenia or other DID

System type alters. For example, if the brain is processing too much information, then try redirecting the activity while you take a break if you have to.

- You need to rock around if you have autism or alters those variations of problems where nothing seems to work for pain (or autistic alters). If you have a DID System you could try finding out if this is true by asking the other alters in the DID System. Autism causes the brain to turn against all forms of situation as rocking is required for the brain to accept the situation. Recirculation to the correct areas. This involves following hand instructions by closed vision entities or just like my sister who have lost her memory too far she just rocks all the time. The way the situation is advertising for me is a dream of parallel realties where need to be synced to still have fun.

- If the pain induces pain areas and you cannot be reaching the area to resolve it you can focus and feel in with the imagination directing the area and then you can auto focus to areas where the attack is and troubleshoot it from there. This can include doing a focus tunnel through the headache pain through brain can force it to release chemistry to relax and get fast relief. **You can get the pain areas to auto locate and block the offending areas of pain. Any trouble putting that through then try automatically signaling for chemistry off the affected area and also organs too if you need to.**

- You can think to auto focus to affected areas too.
- Implant can mask pain too if you have one. The body and mind come up with all kinds of strange ways for mental disorders. This is people in dream states basically for schizophrenia or other DID System type alters. For example, if the brain is processing too much information, then try redirecting the activity while you take a break if you have to.
- Open and closing eyes and imaging energy fields and energy balls may work for some people (does work for me). This regulates chemistry too which is needed to fight the pain. Make sure you have to spoke to your doctors about the pain though if you have schizophrenia or dissociative identity disorder because you may still require pain killers.
- When in pain follow the pain through to the end for result pain point and see if chemistry and pain gets relief.
- Always remember to smile when in pain to force chemistry through to help. Forced laughter may help.
- If you have a DID system you can use it to cover up pain. The way I got this work is by waiting fora scream from the alters then feel their presence and let them through and feeling the pain all around the area they came out to cover and then the pain stops. See if you can get alters to switch if intolerable. Do not assume a low vibration is ok regardless of what happens, you need to have a regular or high level of chemistry (state of consciousness vibration mood) to fight severe pain and tension.
- Do an experiment with the aliens if they are in the room. They may be offering a service that you did not realize. Signal the affected areas and get them to interact. Good luck and keep troubleshooting. Astral/Zeta Entity Experiment's and Appearances Understanding
- Realize if you have lost too much capacity. This means taking a break will recover you if you give it enough time.
- **Get alters to take the pain away if you have a bad headache if you have a DID System – This is critical for survival – You negotiate with who MUST be in charge of the alter system to make sure – If you have trouble getting in charge then negotiate and recommend with the person in charge until a solution is agreed too. Get and signal the alters to come out in any way imaginable. If they refuse to put you in charge then you must negotiate in any way imaginable – That does work and works for me. If you setup a Do not Concede and Auto Concede process then you can check that for status.**
- You can use placebo effects by imaging a shape repeating and signal and auto focusing the area where the pain is – This will force chemistry to automatically go up to tolerate the pain. You can use a repeating shape with auto focusing all over the body with placebo effects for chemistry with action. If you have any trouble doing this then throughput auto combined with this method all over body until the pain reduces too. This may work on other areas the body where there is pain.
- Auto focus left and right temple to send up chemistry in to those areas
- Oxytocin may help reduce the headache. This means the brain or DID System do not trust the

current output of behavior – You see chemistry generate guide to troubleshoot oxytocin above

- You may be able to test your excitement against the headache to continue your activity if nothing works.
- Brain pain signals can be used to turn in to excitement through signaling the area against where your brain releases excitement. This forces overall chemistry to rise too which fights pain.

- **I managed to get the pain under control by handing to a program in the DID System. To do this what I did was turn off the tv and music and refuse to do anything then the DID System took over.**

- **A tension headache can cause a wide range of symptoms, including memory loss, pain, negative thoughts, psychosis if you have schizophrenia, broken chemistry links, harder recovery, confusion, misleading actions**

- **You can use spirit guides to help with chemistry if you have aliens' holograms around and alien control under schizophrenia. This can allow you to take in programming which may help. You can get them to do an experiment to see if it helps. Understand ifyou must respect the dream process the brain may attack you with symptoms for interfering with the process of the astral dream state. This means you will have to switch activity and respect the process.**

- **You can serve hands around in chopping hand like manner to segment tension headache and this may work for pain too so don't give up and troubleshoot and seek help where need be**

- **Use any method that is safe to stop it**

- **If you have bad programming from negative symptoms of schizophrenia you may need to trick your mind in to releasing the chemistry to stop it. If you cannot even take a break from the headache then use this guide for example you can fling of a segmented imagination of Zetas if they are in your reality – Simply focus on the segmented imagine eyes and trick brain back in to processing chemistry again**

- **A brain that dreams during the day may send attacks for negative symptoms because it under control of the negative programming symptoms – Be careful and switch activity if you need to**

- If you focus a push against the pain, it can heavily reduce the pain enabling you to relax – Critical – This can increase your ability to do certain things you enjoy but consider a break if you don't have enough excitement – See Recovery and Brain Rest Understanding

- Going for quick yawn by imaging yawn to force may reduce tension headache

- Make sure you've consultant your doctor to make sure you are on the correct pain meds – Get them to explain why this one is correct for you – Understand that strong versions of these meds may be heavily required

- **READING CAN CAUSE PAIN IF YOU HAVE NEGATIVE SYMPTOMS OF SCHIZPOPHRENIA OR OTHER DISABLED ALTERS FROM DID SYSTEM – THIS IS A FACT – STOP READING IF NEED TO**

- You can use a shape and swerve hands back and forward to stop the tension

- **If you have a DID System you may be able to signal chemistry to the area the affected alter is in – You also may be required to take a break too**

- Lack of insight

- Tell your brain you are training it to release endorphins when the headache happens and you are

giving it any example you can (this might work for some people)

- A clap can stall tension too

- You can consider meditating and showing your location in your mind to request assistance (for example – a drone which shoots heat lasers against tension – This will work for schizophrenics, it isa mind trick)

- Pressing the implant may remove software or flush programming

- If it is a tension headache feeling a slide may stop the tension

- Pain can be mended with chemistry however it may not be able to correct chemistry that easily depending on how far the pain has gone

- Right hand to the left swerve can catch pain with the word correct in imagination can temporarily stop the pain and force chemistry in to areas where the pain is happening – Keep doing this to gain the ability back if it is gone

- Automatic regulation of mood may need to be done in any way possible if run out of options

- Remember taking breaks are vital too (see above) – This can stop the tension from causing symptoms even further

- Close eyes and see if there are any third eye assistance to unblock or reflow the situation from entity demonstrating various hand movement syncing variations for many outcomes which may help regulate body and brain

- Focus chemistry around

- Get mind to accept no chemistry reward to affected area and focus in it to accept no chemistry in that area to get mind to shut you down from it

- Understand if the brain is in pain, it can cause all kinds of symptoms

- Wait and stare for state to restore

- Imagine a repeating shape over affected area and signal it in any way possible

Focus all chemistry/fluids in through feeling and thought in any way possible for example the inner feeling of where you are focusing to

- Get DID System to block your memory of it too if you have one

- If the pain won't stop and you've tried everything then imagine constant fingers off the area

- if it was a tactile hallucination causing pain
- See tool chart or try various manual or automatic mudras
- Speak to DID System and ask is if anyone there and then get permission to send an alter out to fight off the situation
- If nothing seems to work see Astral/Zeta Entity Experiment's and Appearance
- Understanding section as an experiment may need to be done
- Focus astral eyes (for people who take ormus) and signal to entity to situation and see if they can force them off you
- See closed vision network to see if they will help you with the affected areas – Signal in any way possible and follow hand movements
- Pick the area inner working of the tissue to break free
- See WAR Video game subject if the alters are causing trouble because they are bored. This can resolve

problems and get the alters to be on your side. Basically, the brain is processing too much information and needs to flush the data by running the silly programming.

- If you end up a situation where there are annoying objects that are technically tactile hallucinations then you should be able to make the tactile hallucination more transparent because the brain is in a dream state. This should reduce but may need reapplying. This forces the tension to move around causing more regulation of brain fluids etc. Just feel it through and assume it will go transparent and move through the area. Feel off and on where needed.

Other forms of pain

This section is a work in progress but as new situations arise the section may update

- If you have a tooth ack and the DID System refuses to cover it up you can trade it for alignment of overall mood. This means the pain decreases based what is happening at the time. What to do is to use it to strengthen your brain via signaling the signals against the automatically targeted brain muscles areas of the brain or anywhere in the body the pain re-signals too. This will force the brain to get stronger so it can drag in chemistry from the organs to help calm you down and even reduce the pain via manually repetitive response the area. **This may be updated if new solutions are found too. This also help the subconsciousness acknowledge you are aware of interacting with you.**
- If your mind is signaling specific areas of tooth pain you auto locate a pain ignore bubble effect that automatically follows the pain signals where the tooth is signaling the pain automatically (auto locates to effected areas) You should contact a dentist straight away if you have tooth pain. This works for people's brains that are in maintenance mode.
- If you have a DID System you may be able to apply for body other forms of pain for certain amount of time. Even tooth pain stops too until they are unable to cover up. You may lose support from the alters which means you will need to a capacity assessment if symptoms come back which means you need to reduce your activities. Then when they come out of hibernation you can ask them to cover up. Just be aware if they are speaking internally it may still be off subject but they provide support as you signal them in any way you can to symptoms area.

Understanding of belief systems vs psychosis and other symptoms

- **You must understand if you have a bad belief system it can affect your overall symptoms and behavior**
- **You must check and make sure you are updating to the correct beliefs at the given time frame**
- **This can affect your ability to have fun so you must have a good belief system otherwise it can affect emotions, coherency, thought pattern and the very understanding of why this not a good thing when you have a bad belief system**
- **Update it through implant keyboard and consider if unable to update belief system to check with AI Assistance and other DID System on call help sections of the brain**
- **A lack of oxytocin can cause a very bad belief system so you may need to smile until enough oxytocin produces keep the brain under control but you must remember to update the belief system too**

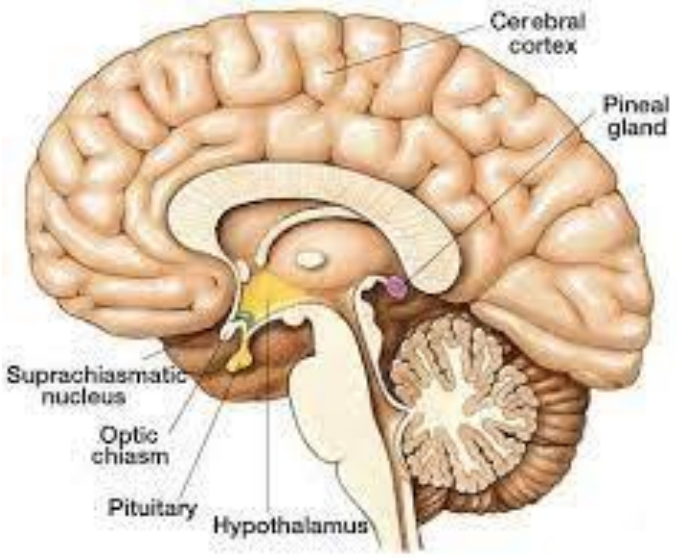
Understanding of dissociation

- Dissociation can aid excitement
- Social interactions with astral plane and various phenomena
- Raising serotonin high enough can get alters interested in communicating
- It helps enjoy activates a lot because it maintains excitement and keeps making things more interesting
    - For those with an implant that self learns then using two words twice can induce a dissociative state which helps with mood, memory and some excitement

DMT from Lungs with Mental Disorder Understanding

DMT can be sent from the lungs to the brain. Never assume a state of DMT is beyond your control and always have a positive perception regardless of in anyway shape or form it could cause harm as this is not true. This can be a brains final defense against a psychosis which refuses to negotiate. This can also over ride bad programming in the mind because this pineal gland activity can force the brain to argue the situation under cover automatically. See visions section if you need to. See chemistry generation too to balance yourself out. If you need psychological work on top of it see FuZzCasT - Psychological assistance and techniques pdf.

- Take in the programming from entities and spirit guides. This will make an interactive experiencing with the activity you are doing. This can also influence the state of DMT releasing in the brain too. This makes thing more fun and makes things more interesting. This can even cover symptoms too. If you find yourself unable to work you need to contact mental health services too because generally support forces like this are provided in certain situations. This helps in paired alters too. Let them have fun with you too :)
- Be aware if you are approach in this state various interests looking for friends may be approach with a DMT aura: If aliens' approach in this state, you will assume it is a DMT aura and let of the fear on the basis, is it simply your mind releasing DMT based off them approaching.
- You may be able to use mudra to enable the function easier too. You should use the left and right hand use the finger above the pinky finger press it against the thumb.
- You should be able to use the astral consciousness guide to get in to an interactive state too. You can view it in the list PDFs included.
- If you are up to the stage where you can see extraterrestrials then understand you can let them take over by getting them run inside of them. Possession basically…this increases capacity too and creates a more interactive experience with them and you but do not exceed the number of activities you can unless it is affecting your overall ability to have fun. Understand if you can interact with a simple activity then you may find excitement returns faster to that instead and will reduce pain and other symptoms too.
- Depending of what type of condition, you have a fast way to get my third eye and chemistry phenomena going by rocking, pretending to feel a focus sleep conscious sleep dive state while having my hands faced from lap with palm pointing upwards. This can be combined with a range of other influenceable situations too. Do not be sacred of anything you experience in this state. Any activity cannot harm you and you will be fine. You can also try just focusing on the lungs too. This may result in more DMT activity so if you have a loss of brain programming then just continue to focus on both lungs.
- This can help with all over symptoms as it segments the brains activity however it represents the highest form of consciousness to ever exist that we know of and you need to understand it causes your entire reality to be altered in a fantasy land.
- Only certain people have an ability like this like me and my sister but you can put your hands down on knees while sitting down facing upside down facing towards the face and this can send DMT to the brain Do this at your own risk!



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- If you have a DID System and they won't allow you to do anything you can force DMT so they have entertainment to allow you to continue your activity.
- You need to understand if you have BOTH, a DID System and Schizophrenia that is like having a computer system running anything possible in spectrums (that means multiple mental disorders and disabilities). You may experience a dream state of DMT. This means anything you may experience means that it not provable to psychiatrist unless they believe it. So, report it to mental health services if the situation causes a problem. You need to report symptoms to the psychiatrist. Having both means you may experience all kinds of phenomena which may seem like some SUPER INTERESTING or impossible to happen. This is ALL in your mind. You only report to mental health services if there is a problem. If they ask then tell them if you can. If you are not sure then ask them what you should report just to be certain. If you don't report the symptoms then it may mean your medication may not be working properly and this can turn in to bad trips from the condition. Reporting to guardians and mental health services is essential for survival.
- By finding out what you need to report you can get a better understanding of your condition and why the brain does this.
- Multiple alters with multiple disabilities that are out at the SAME time may be hard to navigate so report the DID System Leader. If he declines to help ask why. If they refuse to change him then cover up his symptoms through the DID System the symptoms then report it to mental health services… I successfully covered up to a point where I can still use a computer and have fun on it with breaks to recover my excitement.
- **Everyone release DMT at night when they are asleep. If the pineal gland gets full you will need to release it to calm it down.**
- **If you see entities around you must understand the pineal gland may be full. If this happens you will need to take in programming from the beings by focusing on them and taking in programming for the third eye frontal area where the eye is broadcasted to. This will force it out.**
- Start by placing your hands at your knees and facing towards your face. Focus on the lungs and feel in the reaction to force to release. Open any other retina eyes you have too.
- **You need to understand spiritual experience is VERY real and plays out in the human mind. You must release this area at some point by sleeping or meditating. If you have a mental disorder or illness you MUST meditate at some point to segment the capacity and function overuse causing problems.**
- **You need to understand as you get older the body and minds capacity may be affected at some point. It is at this stage you must have a better understanding of who you are.**

- Flinch your body sideways against your lungs and thought assume and signal internally an assumption that you have the ability to automatically send the fluids from the lung to the brain (DMT). This will work for people's brains in maintenance mode, such as people with treatment resistant schizophrenia. Just be aware everything is ok no matter what happens.

Psychosis and War Video Game Understanding

The astral dream state in treatment resistant schizophrenia cannot clear up with negative symptoms of schizophrenia. Just check with the alters and they will reply if things are not working out. There always has to be a simulated war to get the numbers down. Your vote generally has to be counted before a war will still start. This can cause all kinds of symptoms if a conflict is happening and will automatically build up blocks against the body organs and mind from functioning. Simply vote yes to see what happens. It is not real; nothing can harm you. Have fun and never take it personally what happens. The phenomena will play out. Just check at random times if your ability to be coherent to troubleshooting is affect you MUST check to see.

- See Amnesia Procedure and Understanding for further information
- Check with DID System Protectors if a war does not resolve the issue if you have a DID System
- **Wars may be simulated because of alter conflicts too (beware of alter intentions). Be aware if another alters forces symptoms to get their way understand you need to authorize a war to happen. This means the alter is fighting to get what they want over the overall preferred activity. Just say start a war outloud.**
- You need to understand if you have negative symptoms of schizophrenia your mind and body will not always allow you to be a high state of vibration (consciousness mood). This means the brain prefers it this way because it doesn't have to work that hard but understand this is to stay within capacity limits. You must understand this is in your best interests so you can still have excitement. You are chosen and will believe this can even compete with the situation as stays interesting too. Let's face it, if the angels cannot put you in this high state of vibration, then things are not as it seems obviously.
- Understand that the war cannot be real because you would not be trusted to receive help if there was really a problem. Use this psychology in anyway you can.
- Blind alters may create hallucinations to have entertainment. This can cause silly visions among other stuff.
- If you need to recover understand a light warrior may have to at times monitor a situation. Your mind may need to try and understand itself. See visions section. Always at some point this may happen to certain types of disabilities. My mum, sister and I have ALL experienced this situation. Just behave yourself and understand this is a part of your disability. Even if it was real, **you will find yourself turning against the situation due to situations of misconduct.** Understand the aliens are your friends. Stay healthy and behave yourself.
- If you believe you have really been attacked then consider with DID System the mind has a coconsciousness. This means you can really feel pain in your sleep. The pain does not change while you are awake though. If it does you will need to see a doctor. In physical reality understand you are here because it is the safest place to be. This all from AI from generations ago causing problems with people's mind. You just need to get it under control and you will be fine.
- Be aware if you have a DID System there may be young alters with all kinds of fury especially if you having negative symptoms of schizophrenia. Understand there is only so much you can do. Memory can play a role too and if delusions of schizophrenia preparing stories and all sorts of phenomimes that go with it you need to inform the DID System leader if there is a problem. The symptom may not be solvable either if you have treatment resistant schizophrenia. Report to mental health services if it goes out of control.
- You could be in the 6th dimension of parallel universes too which is controlled by the authorities.
- People with alien war syndrome need to understand it is a simulation given to people in a low vibration. This means our gods will punish us for seeing beyond this planet with having a chemical imbalance for certain situations. Notice it goes away when the mood is ok.
- If any situation purposes a violent situation, then consider giving advise like a police officer would to someone in a mental health asylum who would treat them like a child for calling them. For example, say something like why not have a lollipop instead?
- You are merely under construction for your next life. They may have even shown you. The brain will

cause more problems than you can imagine and, in every way, it ever could. Also understand this will be covered up in to oblivion in every way imaginable regardless of what happens.

- You may take on bad personality programming from this too. Be aware you are still under the law and always will be.
- Serotonin will ALWAYS and is the very cause of outcome for worries about existence. You can rely on this to resolve the problem.
- Test to see if there is an intrusion focusing a block on the pineal gland. If it continues see recovery section otherwise continue troubleshooting.
- If you think REAL PEOPLE then again! Notice the entities around you are fine
- Any defense against a headache you may use may not work and you may have to check to see if starting a simulated war will help
- FIRE A NUKE – END ALL PROBLEMS – Fixes auto regulation – Fixes various other issues (not a real one)
- **Check to see if alters are on your side to see if a war is available if they are on your side then see if you can start the simulation**
- **A far as a DID System is concerned with dream states from conditions such as schizophrenia you need to understand support for wars happens when there is a loss of good morals from those controlling the overall activity**
- **If war will not stop then you must bring down your serotonin to stop the memory mining process and calm down the alters. This should force programming to calm down. Get your index finger and use it half closed and signal the serotonin down the spined – Continue troubleshooting as needed.** Recommend see memory section if unable to resolve. See recovery too.
- This is after service programming from the astral plane that creates a silly video game out of your symptoms until you use the programming against the psychosis (this is for schizophrenics who are experiencing an astral state of consciousness)
- If this doesn't work see Critical Alter activity to resolve the problem and also read entire document until the problem is solved.
- Check your closed vision and also ask if you have a DID System to see if they want a war. If they say yes, we do then just start a war. Using your imagination and coming with silly ideas and imaging it happen can resolve the situation too.
- Blind alters and other simulations are playing out too much phenomena so the brain may undercover headache attacks. Just beware technically besides that no-one would actually bother besides the condition. Assume fine.
- Sometimes to psychosis has an in impression it is under a certain banner of phenomena and simply say it and ask it your mind and blow its cover as this can change the situation
- Positive outcomes can come from this if does resolve including better chemistry, more alter entertainment and discussions
- A lack of dopamine including dopamine without serotonin can cause this to happen
- Tension headaches among other factors are caused by lack of virtual wars
- More entities from parallel realities come to show support
- This isn't real but causes a cover up which helps overall state once the simulation is over
- Sleep it off if it goes out of control or meditate
- Some star seeds are given this job to trace realities which have gone extremely bad for example versions of yourself where things do not work out
- Turn off TV/Monitor/Phone and Music and see who wants a war
- Install software from 6th density astral plane (simulation) through imagination
- Throw a virtual leash to connect to astral plane
- Ask who is on my side and see if the simulation starts a war (this deprograms bad programming)
- The tongue can broadcast the enemy if connected to a network.
- If a conflict starts in the psychosis, you can act as if you were stealing the dopamine and serotonin from them to stop the verbal attack. This may have mixed results but it may work. It works for me. It also sends the dopamine and serotonin in to your own brain. This also helps with your arura too which will lighten the situation.
- See Coping Techniques and Understanding of/for Psychosis and Tactile

Hallucinations and also see Visions section too.

- You can force an incoherency towards the situation by focusing the left and right temple near the surfaces at each other. This will confuse the situation making it easier to get on with the day.
- You can use ideas using the over processing in the mind to get the brain to tell what hand interactions will help chemistry.
- If you see aliens in your vision and on the wall, they may be able to direct flow of fluids temporarily.

Organs understanding and unblocking

- Organs lose their programming and ability to function with negative symptoms of schizophrenia so you must fight back in any way to possible to restore the programming to get them to run.
- Rocking and flapping hands is essential to survival if an autistic alter comes out. You will need to do this if there has been a complete block on the activity. This can force dopamine to produce which helps overall situation.
- See chemistry access to understand further
- You must understand your medication needs to be taken for the organs to function too because lack of medication can cause them to stop working
- You should consider putting a hydrolith on the wall for an interactable keyboard which updates beliefs systems and other requested situation outcome – For example – The keyboard should update the belief zones so chemistry starts routing properly. It is up to you but just beware you may be unable to use to the technology properly if you don't check for example the keyboard for an answer. I have one and so does my sister.
- Use a placebo effect against the blocked sections in any way possible otherwise if the problem persists then see the information below.
- Wave hand at blocked area
- See breaks procedure if unable to resolve but don't give up!
- If you have a DID System, see pain correction above
- Astral network may provide closed vision support – Follow the hand movements and signal to them what is the issue and they will attempt to signal back to see if they can help to unblock
- You can stare through astral eyes too if there is any available support if you've been on Ormus for a long period of time as they develop astral eyes (well it does for me)
- There may be emergency experiments which are being done to recover you if

nothing works however just be aware they may be servicing a parallel reality and not you so don't give up.

Fatigue Management

If the DID System wants you to stay awake or continues an energy consumption activity causing you to get fatigue then try the following

- **You can focus in and re-signal focusing your energy against this symptom. This forces the body to relocate its own energy to where it is needed.**
- **Recommend only try these sorts of things if you need to. It is your life though not mine.**
- **Staying up for longer periods of time can sometimes increase capacity to use a computer because it forces the brain to get chemistry. See chemistry generation for more information.**
- **Check DID System and any assistance you have. Only action as responsible and see External Reality Coherency for more information.**
- **You can fight the tiredness by imagining a shape auto locating against it**
- **You can close off the tired by opening a window in the mind and acknowledging it**
- **Fatiuge can be based off belief, if you do not believe you are tired the brain will wake straight up**

Mudra Understanding

- The index finger against the thumb activates activity in the gut and should charge serotonin (it does for me) this can take up to an hour depending on how much serotonin the gut needs. Once the chemistry link is active enough then using this will help even further! See tool chart too to combine.
- The middle finger activates relaxing
- Try to get the mind to train mudra intentions in to get more and charge chemistry in any way possible
- The finger before the pinky finger activates charging off bioelectrical
- You may be able to train this activity on regular basis or program this in astral consciousness (this can work if you are schizophrenic – see astral consciousness guide
- You can initiate good finger signaling understand your ability to comprehend the ability
- Mudras are essential for relaxing
- You can touch your finger against your thumb and it will automatically aim at certain sections such as an organ automatically, simply feel and refocus to signal this to the tips of the mudra constantly to force to kick in the desired outcome such as chemistry. Try this in all sorts of different ways to enhance your mood and day.

Understanding the ability to be happy in negative symptoms of schizophrenia

See FuZzCasT - Dissociative Amnesia Dreamstate Guide. If the brain may need to spark itself to feel this emotion if you have negative symptoms of schizophrenia.

- You can gain happiness by choosing to be happy if you are in astral consciousness at the given time when choosing to be happy otherwise you won't be able to feel this emotion
- See the astral consciousness guide on how to do this
  - Happiness enables enjoyment and satisfaction
  - Once you realize you are happy you can then gain more excitement
  - Focusing flat can protect your emotions but be aware your brain may be in pain if you have negative symptoms of schizophrenia and you may need to discuss this with your psychiatrist/gp if you are unable to restore chemistry using the guide or even if you think I didn't mention the correct information but don't be misled by bad programming from schizophrenia and report to mental health services if you are not sure
  - Pray and see if assistance happens (does happen and work based off witness evidence seen in all churches been around long enough) – Generally the area gets scanned and sorted if available

Brain Software Understanding

- You must understand if you a schizophrenic with negative symptoms that the brain creates its data to run on a daily basis. You must contact mental health services and see a GP if the pain or negative symptoms stops you from having fun. See chemistry guide and see other instructions to generate the chemistry on this guide will enable you to have help
- Bad programming can cause all kinds of problems and symptoms and even cover them up with false realization and false beliefs. You must understand with schizophrenia the brain creates data to entertain yourself during the day to put yourself in a dream state while you are awake unless mental health services deem this out of your control then you have to call report the correct information to everyone you can. This document may help but as new situations arise the document may need to be updated.
- If you a psychologically affected in anyway then read the psychological assistance or call services in your area to help.

Dream Recipe Creation Understanding

This is for people with schizophrenia and require to stay in astral state while awake

- For example, I prefer this keep my mind under control while I'm doing other things to have fun which are:
- Medical Trolls (that cover up depressed/emotionally not coherent situations) alters causing further symptoms) or choose to tell a dream based on your choice (at the needed time or specific segment, got trolls to cover up annoying activity – send even more if need be) – Mission is to trick brain in to behaving and make sure you have a good memory – See below for further information
- Stories are for medical reasons – You must intake as required; the brain is processing too much information so you need to accept it is given from the astral plane. See recovery too and understand when your brain has blocked an ability to fight back against the symptoms. You could put a note on the wall about that too.
- DID System (to correct symptoms and someone to talk to) – if you have problems with this see DID System and Critical Alter Understanding)
- Cover up any annoying activity using the information below
- This is the main subjects which I prefer to keep in because it covers up the activity and it leaves me less to worry about. If you get too much amnesia, get the trolls to do a cover up to trick your brain in to behaving. This may be updated but keeps things under control.
- If you have to be in the astral dream consciousness state you need to be mindful of capacity driven situations.
- Further information may determine the dream state activity you go in to such as
- Object (in mind or outside of mind in reality) – You can move objects and put it in reality – For example if I think about aliens the brain create the experience

- Faith – You believe or trick the mind in to believing this
- Determination (you want this happen)
- Comedians
- Drugs – For me this works via spirit guide splashing the desired outcome directly. Try them all. See what works via a splash (them showing a splash and taking it over via various ting segments). This may even work if you awake too and they are there (this includes the fun drugs too). If it doesn't work you could try a different point in time.

Panic Attacks

You can avoid panic attack symptoms in various ways

- See MEMORY SORTING AND ASSOCIATION section to resolve the panic attack faster if it is memory circulating refusing to accept everything is ok. This can solve the panic attack faster as it is generally triggered by memory issues.

- You may have a lack of food in the body. The symptom may hide this from and attempt to cover up the fact you are hungry. This is because the brain is processing too much information. A realization of this will help.

-The brain may get afraid of working too hard. See if alter system can help flatten out the offending areas in any way you can otherwise read below. Seek help if need be.

- Oxytocin can drug your brain to realize there is a way to help overall situation with panic attack.

- If the brain refuses to cooperate in the way you thought would work you need to understand and comprehend oxytocin is always a solution. To start oxytocin release you can signal using your hands open and then send them send the left hand at front of face backwards (then forwards) and do the same for the second hand in semicircular motion and focus on the middle of the brain and pull away slowly. Reapply where necessary.

- Contact support workers, friends, family and mental health services and helpline numbers.

- The way I deal with panic attacks for me is I pass through the DID System or go to bed change the dream segment until it stops. I am also medicated for it too on Amitriptyline but that is for a covering a range of symptoms too. This works for me. The doctors know more about then me so ask them.

- One if not the fastest ways to get rid of a panic attack for me is either sleeping it off and resting in bed until it stops

- You can check out FuZzCasT - Psychological assistance and techniques document

- Report the panic attack to mental health services too.

- Make sure once again you tell people around you that you are having a panic attack too so they can show support.

Bipolar Anger

You can cover up bipolar anger by medication prescribed by the doctor or psychiatrist. If you cannot use psychology to cover it up then it needs be medicated.

- If you have a DID System it should be able to create an app or come up with a solution to cover the anger up for a certain amount of time. Then the anger may return. Remember if you cannot choose to be grateful which a normal persons rule to stop all anger processing then you must understand this is a mental disorder. Being grateful is designed to completely stall anger. Be aware of this difference and stay safe.

- You can attempt to negotiate with DID System or try Chemistry generation if too if you need a quick solution

- You can attempt to sleep it off until the alter switches

- If the anger is out of control, then rewind your history and look at what worked best and not only statically but how it worked best for others and how you see them deal with it

- If you have schizophrenia then assume direction flow of thoughts the other way to force the brain for consider its entire other available phenomena to completely swamp the anger. Your change of direction will keep you sane. Choose a different activity and subject by realization.

- Try to underline and understand what is causing it in the first place – Work on having a high state of awareness to control not only anger but ALL problems in your life – Choose what you prefer – Not what is incompatible with your life but make sure everything is under control too.

Defending against drug addictions for Various types of Pneumonias

- You can defend a drug or alcohol addiction if the brain is processing too much information on certain medications which allow this process to continue in such a way that everything falls in to alignment

- To do this all you have to do is use thought against friction to allow it to automatically target the offending areas where the addiction is targeting. This can help reduce addictive drug use like nicotine.

- Use imagination to speed up the process. You can use light language against it too with a repeating shape to automatically create programs that recreate themselves if the addictions stop the program from running.

- You can speak to a doctor about your concerns and get medication to quit too.

Capacity Assessment

What you do most of the time should be what you capable of doing **if you can do it.** So, understand if you have contacted all networks and they say nothing more they can do and you have attempted this guide you must understand that anything you do must within coherent compatible limits of tolerance from the body and mind to continue the task. Do not just do a task and try to force it work using too much of these procedures. This is especially if you have a DID System. The alters need to be able to tolerate the activity load based on availability of the overall experience.

- You need to write down a format with the most needed to perform the task/fun activity. If you are unable to do this read again the above sentence.

- **Capacity shifts around in DID Systems**. You need to switch activities if you do not have the capacity to continue **(this can be temporally too)**. If you are wondering still why you cannot continue then consider the alters went in to hibernation and you will have to wait.

- Be aware if you stop and switch activity it can reconfigure the DID System to kick back to fight symptoms.

- It is very important to understand if you restrict your activities and you have a DID System the alters may provide extra capacity temporally which will add excitement. Do not excessed activities too far if you keep losing capacity afterwards. This is very important for excitement.

- You also need to understand if you go beyond your capacity too far your brain will react at some stage which means it will disable the ability to fight back. You may also need to recover too.

- You must ask if there is an alter with capacity if you have a DID System. You can check to confirm by saying if you have capacity to come out. The alter will troubleshoot symptoms and produce a result. Beware if you run the alter down too hard you will lose capacity. Reapply if you can and understand alters may be asleep too so keep trying.

Time Travel and Third Eye Information

- If you are able to see the future then understand there is processed time where things work out and unprocessed time where things are not working out.

- If you have a DID System and have an open third eye even if you are not using Ormus or can still experience this in any way then, you must understand time can change giving you a more positive future....

- If you are able to channel in information you must understand you need to channel in the information from the best example of a situation where enough has happened that you can get enough evidence of a working solution so all timelines can force their information more correctly to give advice to bring out a better future.

- You may even experience various out of body experiences while meditating while seeing a future version of yourself play out a situation. try to attempt to record this information down if you can so you can action the correct information.

- Just because you have abilities doesn't mean realities won't play out through parallel earths in a bad way. I am only authorized to reprogram a certain amount per day. Please do not harm me or my family. There are infinite possibilities.

Diagnosis vs Medication and Dimensions

- You must understand if you are under the diagnosis of a mental disorder the consciousness should shift dimensions in to 4th and 5th density when you take on the belief of being a schizophrenic if you have been diagnosed with this

- This is important because it is making the brain understand to utilize the medications instead of being tactical with alter switches. You are better off believing this. This may send fussy alters in to hibernation and in to a dream state of instead of fighting an endless state which cannot change

- You should find activities easier to do once you have a working belief system in place the one person. Anything else discuss with menta health services and your support workers.

Manual Procedure Writing understanding

- You can write your own procedures based off what you see here and they can be a fun thing to do with spirit guides however you can also revert back to these instructions if it stops working
- This may include the chart too as seen above
- This information in this entire guide is subject to be updated if new situations arise that I need to adapt to
- Do not place papers on wall if you find alters attempt to use it against you
- You will understand writing things down that are important or fun which is correct but understand that doing will build brain muscle and that will fight negative symptoms of schizophrenia too. If you are returning back from believe you could comprehend a DID System with treatment resistant schizophrenia then understand that you writing things down because the DID System is trying to understand what do. Be careful and check with mental health services. DO NOT take on any belief which is on paper unless it has been verified with mental health services and this means what they told you **specifically.**

False memories

If you have a DID System then you need to understand the history of your life may appear different. At certain points people with a mental disorder may create new memories to replace old ones.

- DO NOT EVER question your false memories as real. You need to understand that your subconsciousness has been reprogrammed by the mental disorder to force you in to thinking something happened even if it did not. You can tell this is true through anyone that knows you
- Do not assume history checks in third eye is correct either. This all runs background processes containing information for story telling purposes.
- If you feel convinced these memories are real then question yourself on what is a good belief zone. Check with alters if you have a DID System to find out their problems with recorded history and see how this works too.
- Memories are powerful and convincing once seen in the imagination if the false belief is already there and false memories may force emotions to the situation making you think this is real. This is simply clouded by the coherent people in your outer mind (real people).
- Be aware of any mind control from schizophrenia too and the treatment resistant version the condition and may be connecting to a network with beliefs of other alters or entities. Watch reality Preval proving your family and support networks
- If you meditate or are in recovery you need to understand if you having out of body experiences it may take some data back from the parallel reality you visited. So make sure you have good beliefs.

Amnesia Procedure Mood Reflux and Understanding

The reason this can happen to due to negative symptoms of schizophrenia or/and DID System switches. You may require the below or chemistry generation to solve it. The below method is to force the negative situation out of the mind to force bran to cooperate with chemistry. If you get stuck in a chemistry issue in this state you may need to force the negativity out to force the organs and chemistry to cooperate. Otherwise see Chemistry Access and Generation, excitement, memory sections to resolve. This is only if you are unable to think clearly and the brain has created a silly program out of the mental symptoms you may be experiencing.

- If you get amnesia from negative symptoms of schizophrenia you may have to make it easier so here is a combined method for people who either have a bad memory or have amnesia at certain times
- This procedure is used with toolset seen in the images above
- You must see chemistry generation guide to bring your dopamine up to start the programming
- This is for people with alien-controlled schizophrenia and see greys – They generally are sending information from the astral plane to help and offer this programming to people with brain issues
- When you bring up the dopamine using the chemistry generation procedure and then read these instructions it'll force the robot in to a room in your mind
- This is not real this is just a simulation
- If you find more information about this interesting then see Psychosis and War Video Game Understanding Section and Dream receipt Sega Dreamcast 2 pdf
- Use the toolset to destroy the robot in your imagination or closed vision
- Then get the hallucinations (greys or whoever this might be) to send up your chemistry/other body fluids by getting them to do an arm swing with open ones and closed vision ones. Be aware they may send programming to have fun. You do not have to participate in the activity – It is up to you.
- You can imagine a spinning object against affected chemistry area
- Your capacity should return to enable to have fun again
- This works for both me and my sister
- If you still see greys in your room just enjoy their presence until the serotonin goes down too far then redo the procedure
- **This is critical for people who have amnesia but if you have trauma then read the above sections for further understanding**

- If you have spirit guides or other entities you may be able to signal to them what fluids the body is missing (this includes various chemistry situations)

Astral Plane Projection

- Go to bed
- Pretend sleep
- Stare through
- Relax
- Repeat steps if need be
- Controlled breathing can lower consciousness level allowing you to transcend the consciousness in to a beautiful dream
- You can consume all sorts of things in a dream state from food and drinks to medicines (any) and alcohol if you able to signal a consciousness agreement with the connecting party on a Concede or Do not Concede basis. So, if the method doesn't work then try another day. Food has always worked without fail so far for me. You can stare away and imagine to appear/signal in any way possible then look back and consume.
- You could always test different points in time to see your past history and even a simulation of the future too depending on available circumstances. Do not believe everything you see when you check your history or play around with dream states as some of it may not be coherent information and visual output.

6th Dimensional Channeling

You need to understand if you need help you can also ask the DID System or channel in the answer from versions of yourself in parallel realities. This means that you can understand that most of the time the help comes from alternative timelines and realities where the problem has been solved. Dimensional consciousness is capable to transcending time if you are in the 6th dimension. Allow

yourself to be free and capable. Understand there still needs to be good people to go through unprocessed time to help. Understand if you have schizophrenia if it continues throughout your vessel's life.

There are endless ways however if your third eye is open and you have access to the network then, you can try the following

- If you are in SYNC with parallel earths of yourself simply direct the question and say are you there

From here you can establish a greeting to those who are troubleshooting the symptom

- A response is received - Either verbally, visually or software is sent to install

The current output of answer is an answered direct depending on which network you may be on

- No, you cannot ask for confidential information. This is always monitored and if there too much misconduct the earth no longer receives support. The more you ask this the more chance a cover up will be performed. A cover up may happen in lack of regard if there is too much misconduct.

See the answer in any way you can perceive and record the response for the symptom. Understand if your memory is playing up channeling in the answer might be easier. This may be not work for everyone. If it doesn't work and you have a DID System then report to mental health services if you going through too much of a hard time and also read this guide too if helps.

- If there is any disruption of information just say for example wrong para (parallel universe), wrong sector, wrong alter, wrong person, wrong type, wrong programming etc.

- Understand if you are withstanding the energy of the infinite realms of energy (known as 6th Dimension for Earth) there maybe all sorts of infinite phenomena's which is why treatment resistant schizophrenia can happen. Instead of taking a blow from it then understand there is always a solution (like this guide). Read Data mining section if you need more information.

Weight Loss

Fasting is a good way to lose wait if you have trouble with negative symptoms of schizophrenia. But if you are already overweight you might have a big stomach. I can actually signal my stomach to eat the fat cells even if I have had something to eat. This may be a serious advantage over the weight loss situation and because the stomach is so big it sucks in more fat. Good luck! if you get symptoms while fasting this guide can help.

Realization

Your awareness on how you can access your understanding. You must absolutely understand how you access information is a cause of realization. Behold a false belief and understand this controls your day. So given the option your ability to have fun will evolve. See excitement section.

Data Mining Explained

If there are any sort of data harvesting through your mind playing out you need to understand it may be covered up for the psychosis. If you have a DID System and it has refused to complete the chore forcing an unmotivated alter to the frontline while they ALL sit back and not care and once again you see they are not taking action you can then understand they chosen not to help. When you help unknown forces with their problems you need to understand it is all part of your disability playing out and comprehend you have lost your sanity.

- Understand it is your consciousness vibration which needs to change before it goes away. See chemistry generation and excitement section for further information on fixing your vibration
- If you cannot see a way out of it and you are fed up with it then contact mental health services.
- If you have negative symptoms of schizophrenia and you have been using Facebook then understand this exactly the same thing. It uses up your serotonin which reduces your capacity to have excitement. You may need to reduce your Facebook usage.
- Understand psychosis builds propaganda where it discriminates your history. Remember this is generally amnesia out of the victim causing claims it never happened. Let's face the facts, if it is or was happening these forces would not be choosing you.
- The data mining will stop once you have raised your mood and even cover up anything bothering you.
- This may be trauma playing out too and people seeking to utilize you for their act of being a alpha male over you for their peers
- This AI generated pneumonia may be playing out because it could be perceived as some form of punishment program played out to cause the mind to realize it is not behaving itself.
- You could be hallucinating your own trauma too.
- Consider it presenting a new unforeseen situation at you based off delusions based off new data
- Consider your past history of psychosis too.
- Some minds with an AI influence may use anything imaginable to cover up your condition too.
- Consider going in to astral consciousness to resolve the issue if nothing works.

Cover ups

If you have trouble reading and comprehending at the given time and there is too much strange activity going on then consider a good belief zone. For example, if you are concerned about too much activity and you cannot get a straight answer in your mind you could go to bashar.org or on YouTube and a see a way out of the situation. This service provides essential information for those seeking information on why things are the way they are.

- A safe belief zone is required to understand your mind is basically playing tricks on you. See external reality coherency, psychology pdf, and psychosis coping techniques too. Contact mental health services if it goes out of control.

- What is correct is ok because it benefits you
- Advertise to the alters to cover up and troll in a comedy or interesting way about the situation to protect your sanity. The dopamine process of people can naturally cause people to consider their problems but they are medicated with oxytocin in their sleep (watch and see your past history). The human experience is a silly show and should be consider be a part of the fun! Rest assured heaven awaits and it is coming in whatever way this may be! :D

- Also understand when you come up with a solution the brain may do a bandwidth test to solve the problem.
- If the alters won't allow a troubleshooting method too then you may need to send the activity undercover. This may be a trauma reaction which is why this is required.

Auto Respond for sub types of systems

If there is too much a activity and your direct thoughts are being responded to for more then you desire at the time you can get your imagination to put pneumonia on auto respond so conversation and information flows around.

- You can imagine multiple signals windows talking in the conversation and correct things to come to mind to calm down the activity.

- Customize as you want from there.

Monitoring Entities/Other Delusional Phenonium and added Psychosis Information

- You won't be trusted if you're not an honest person by this monitoring phenonium. You can't lie and not to worry about what you think or feel because these entities are too mature to be offended by your actions unless you hurt someone or make plans against the naturalities of humanity. ***This is all delusional phenomena or DID System undercover depending on alters who are active.***
  - You must understand if you come in to contact with a monitoring entity in your mind you must understand this phenomenon sends an overall state of vibration (emotions/thoughts). This means you don't have to worry about what you believe may be monitoring. This in a nutshell is phenomena that can't always be verified.
  - If you want access to use the network game app you must be trusted first not to do anything silly.
  - If it is insulting you that is psychosis or other phenomena that requires chemistry generation to be corrected or increased. This includes understanding this all still delusional. You may be smart enough to combine enough coherent understanding from this of a belief but at the end of the day you are better off asking those around in person that you understand are actually in your reality that things are under control and that includes reporting to mental health services.
  - Don't assume the monitoring entity actually wants you to work for them.
  - That's all I know about this. I have been fed information that I found useful but never take it too seriously because you should assume psychosis is the problem
  - This tested this strange phenomenon from every angle and I can assure you there is nothing to worry about.
  - Also see Visions Understanding in the topic covered above as it explains critical information about any visual aspect of this phenomena.
  - Just because it is smart enough to give you what you may believe may be correct doesn't mean things might work out this way
  - Report this mental health services straight away if you feel uncomfortable in what appears to be bothering you and get them to explain why the medications are correct or describe in enough detail for psychiatrist to help.
  - You can write down helpful notes for your psychiatrist too and that will help them give you the right medication that will help them make a good decision overall.
  - Watch your life be easier to deal with when you make a good enough assumption that anything that bothers you that cannot be verified until you've told real people what is going on.
  - Don't assume people you know or someone is watching you from the community. This is in your mind and psychosis or require reporting to mental health services. You're welcome to troubleshoot at your own risk.

Soul Understanding

- Consciousness can be proved to exist forever, this because even if a soul could be stopped from existing it turns back in to light. This means light gives the opportunity to be in consciousness.
- This is why death is impossible. A transition from light to consciousness is instant to become consciousness because of the transcendence between.
- Autistic people (or with autistic alters) can see parallel earths as an example of life choosing its preferred experience.
- Do not commit suicide. Your light body may not be created from the astral plane. You can rely on extraterrestrial that monitor soul balls of life if the vessel dies. As seen on YouTube.
- If you need evidence, I can confirm they took me outside of my vessel (body) a few years ago to show me I have one. You can ask other people if they have one too by finding out if they do this themselves (either with or without knowing).
- In soul and spirit there is a absolutely certain ability to select your parallel earth based on the authority that controls life in your area. If you absolutely suffer after this you will need a technician. Contact mental health services immediately.

Now you do not have to worry about being lonely when being a live because you can go straight to astral plane (dreams). You will never be lonely because you need consciousness to be that way.

The Astral Plane Understanding

- The astral plane contains all known consciousness.
- If you think of being in a spaceship and been accidently left behind then understand that is still in control of the astral plane which is traceable.
- An auto concedes and do not concede is part of space travel.
- This channeled information otherwise ask an alien if you see one.
- You know the astral plane exists because you have dreams in it.
- I was sent a video from the Zeta Reticuli which proved I can remote view light from my consciousness in to space to see a star ship (it simply goes back and forward for remote view).
- A brain would not survive if it was left floating out in space but would be simply passed recycled in to the astral plane.
- Consciousness is online
- Astral Plane creates consciousness. An astral plane body can have dreams too. This is all traceable and can transcend.
- Extradimensional travel is generally not allowed and only for the authorities. You may see a simulation or go on a ship but you will be sent home. The reason you end up back home is because you accept only to travel for interesting reasons. This is all processed by the astral plane in the first place.
- The astral plane is clearly there by choice. For more information do a search on Facebook/other forums and google or YouTube for more information. I have a schizophrenia and a DID System. The DID System appears heavily influenced by Ormus to grow my capacity further and become more intelligent. If you want more information then

take that as a grain of salt because your networks you go may know more information. The outcome since using Ormus is gaining the ability to have excitement and have more of a intuitive ability to comprehend how to channel in good information (like this guide). I cannot guarantee Ormus will work for you as it depends on the type of phenomena that happens with your brain however people have reported Ormus makes way more interesting dreams (it does this for me too).

Ascension Process Information

- This information has been channeled in and it explains the ascension process is automatic for everyone. Everyone goes through the process as the human experience of helping the planet they are on and then when they pass away the most preferable or continuation of the experience continues. For example, if you go to a spaceship when you pass away you can go straight in to a simulation on a ship and obviously would have a network you can play on.
- You may receive information when meditating and this process. The debate is all sorted out through time.
- If you need more information, see all the groups on Facebook channeling information this situation. There are endless pools of information which can help.
- All the known life universe is controlled by crystals and organic matter. One thing transfers to another causing infinite existence
- When I was a young child, I had a dream about my family showing crystals and said I was being sent to Earth. I have also transcended time to see other future timelines. I have allowed a third eye absolutely.
- I also channeled the information from Bashar about crystals too and a big group of us are transferring the information.
- I have even seen myself a different timeline with an extraterrestrial body many times.
- Through soul contracts you may be required to help a see a dark reality through the crazy process. This is why you write things down like I am doing. This to be in networking in SNYC with the rest of the star seeds to troubleshoot as much as possible until the human can have fun again. This is why your reality may be constantly playing out for you until it gets resolved.
- If you know this information is true but doesn't process properly in your brain then understand it is simply a realization issue for you realize this is certain. Your soul location may be explained but you are still playing out your timeline as you are the human vessels holder. Install DID System and good software if available. If that doesn't work then troubleshoot to resolve your broken serotonin issues which create good software anyway absolutely and certainly reality. Watch reality prevail when you are in good mood.

Alien Control Understanding

- If you ever get forced to do an activity you do not agree to through alien control just focus and signal to activate the main AI Speak program to get control of the entity forcing you to perform the work chores (mental disorders like schizophrenia and DID Systems). The entity may not be coherent and not understand you're suffering. You need to understand if an entity is acting on their programming and you originally made an agreement you must comprehend this agreement can be changed through contacting the authority of the ship. Simply explain you are not interested nor do agree to it and use any available method to stop the annoying activity.
- To stall various forms of mind control from alters/schizophrenia you can stop the rewind process forcing dissociation through imaging a simple triangle that flashes with a short but relaxing repeating

tone, automatically starts up it and stops it from being shut down to automatically start back up again show showing the repeating triangle for signaling the intent of stop stalling unwanted activity and stalls rewinding. Then you add an app to automatically auto respond to yourself to dissociate against the symptom. You can also use it to stall your memory from intrusion by signaling the intent of this action. You should be able to add chemistry functions too if you have schizophrenia too with an overactive imagination. If the brain attack stops the triangle from showing then use the dark area in the imagination to restart up the triangle and continue. If the entity doesn't go away, you will go have to let the alter take over the symptoms causing this to happen to the alter that has been switch in to. If the brain is attacked by something the mind the subconsciousness generally records the method of attack. Simply wait until you can apply the method used against the attack as a program to stall the attack. Add more shapes to force more communication if the intrusion continues. If an audio attack of control comes through allow the flow of audio to build up a section where pressure builds up. Create an insult program to automatically insult the alter if the DID System cannot stand up for you.

- Mind control attacks can happen if there is misconduct caused the alters causing a chemical imbalance in the brain. See chemist generation and Critical Alter Understanding to generate the missing chemistry to resolve it
- If nothing works contact mental health services or go to hospital. Make sure you have told your support workers too.
- Try to negotiate with the alters to see if there is an alter conflict with a bad belief system.
- Simulate the situation in your mind as if the problem had a good outcome.
- Be aware if you have a DID System the alters may be advertising to help. They may not explain why or if they want to help. You can focus and feel the alter communication over the attack.
- If you want to troubleshoot further the imagine and scanner with intent to auto scan the symptoms to stall the symptom in any way possible.
- See Psychosis and War Video Game Understanding and if you have lost the war you may need to do an experiment with the entity to stall the symptoms. Contact mental health services etc if you want to.
- If the entity doesn't go away, you will go have to let the alter take over the symptoms causing this to happen to the alter that has been switch in to. If the brain is attacked by something the mind the subconsciousness generally records the method of attack. Simply wait until you can apply the method used against the attack as a program to stall the attack. Add more shapes to force more communication if the intrusion continues.

More information on mental attacks (still under study)

If you get attacked in the mind by anything then consider if you can study the attack to comprehend how to shut down from it.

- This is a good thing. Good luck!
- If it doesn't work go in to recovery and take a break.
- If you get a lack of motivation from it then switch activity.

Evolution of space travel in human race

Consider the history and travel of parallel earths to be visited undercover in sleep. Various simulations can be shown. Your ability to experience these sorts of phenomena relies on the pineal glands ability to advertise interest for these experiences. Meditation can help but I take Ormus which clears up the pineal gland. While it depends on the compatibility of the person with Ormus you could consider other options for removing calcification from the pineal gland. This will give you access to openly advertise your spirituality out to the universe which creates situations for more experiences.

FIRST DISCLAMIER: IF YOU HAVE SPENT 2 HOURS TRYING TO FIX IT AND NOT FEELING CONTENT ENOUGH YOU WON'T BE ABLE TO CONTINUE. IF YOU HAVE/WANT TO CONTINUE FIGHTING SYMPTOMS THEN CONSIDER NOT READING THESE INSTRUCTIONS AND GO WITH THE FLOW AND MAKE SURE YOU HAVE CONTACTED MEDICAL PROFRESSIONAL NETWORKS. THESE DOCUMENTS DO NOT STOP YOU FROM HAVING A MENTAL HEALTH DISORDER OR ILLNESS.

~~**SECOND DISCLAMER: Do you this at your own risk, I am not responsible for your actions from**~~ **you following this guide. This may not work for everyone so see your doctor and you should verify this with your doctor before proceeding so they can verify it is safe for you to do. More information can be found on google but is always better to follow your doctor. I've already lost my mind so take this procedure as a grain of salt.**